



Toasted Almond Guacamole with Apricots

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



3

CALORIES



500 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 tablespoons smooth almond butter
- 0.3 cup almonds toasted sliced
- 1.3 pounds avocado pitted ripe halved (3 medium)
- 0.5 cup apricot dried (10 to 15)
- 2 tablespoons cilantro leaves fresh coarsely chopped
- 1 teaspoon kosher salt as needed plus more
- 2 tablespoons juice of lime as needed freshly squeezed plus more (from 2 medium limes)
- 0.5 medium serrano chiles stemmed seeded finely chopped

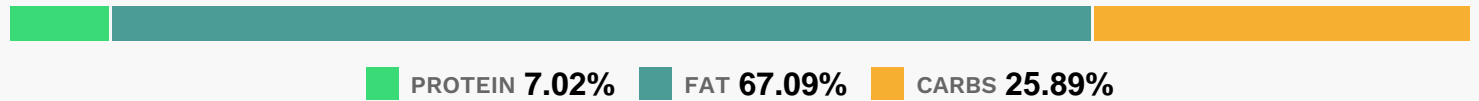
Equipment

- bowl
- plastic wrap
- potato masher

Directions

- Scoop the flesh from the avocados into a large bowl. Mash with the back of a large fork or a potato masher to make a chunky paste.
- Add the remaining ingredients except the almonds and stir to combine. Taste and season with additional lime juice and salt as needed.
- Garnish with the almonds (if using) and serve immediately or place a sheet of plastic wrap directly on the surface of the guacamole and refrigerate for up to 2 hours. (The plastic wrap will keep the guacamole from turning brown.)

Nutrition Facts



Properties

Glycemic Index:38.47, Glycemic Load:5.46, Inflammation Score:-9, Nutrition Score:26.117391472277%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 500.12kcal (25.01%), Fat: 40.61g (62.48%), Saturated Fat: 4.99g (31.16%), Carbohydrates: 35.27g (11.76%), Net Carbohydrates: 18.34g (6.67%), Sugar: 14.07g (15.63%), Cholesterol: 0mg (0%), Sodium: 792.18mg (34.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.56g (19.12%), Vitamin E: 10.72mg (71.48%), Fiber: 16.94g (67.74%), Folate: 168.5µg (42.13%), Manganese: 0.84mg (42.11%), Vitamin K: 41.37µg (39.4%), Potassium: 1360.14mg (38.86%), Copper: 0.67mg (33.35%), Magnesium: 128.19mg (32.05%), Vitamin B2: 0.5mg (29.54%), Vitamin B5: 2.84mg (28.4%), Vitamin B6: 0.55mg (27.65%), Vitamin C: 22.64mg (27.44%), Phosphorus: 233.75mg (23.37%), Vitamin B3: 4.66mg (23.32%), Vitamin A: 1089.4IU (21.79%), Iron: 2.49mg (13.82%), Zinc: 2.07mg (13.82%), Calcium: 112.91mg (11.29%), Vitamin B1: 0.16mg (10.36%), Selenium: 1.95µg (2.78%)