



## Traditional Mexican Guacamole



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



174 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 2 avocados pitted peeled
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 cup onion chopped
- ☐ 1 cup tomatoes chopped

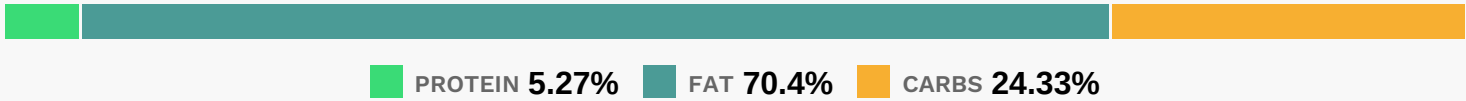
## Equipment

- ☐ bowl

# Directions

- ☐ Mash avocados in a bowl until creamy.
- ☐ Mix tomatoes, onion, cilantro, lemon juice, and jalapeno pepper into mashed avocado until well combined; season with salt and black pepper.

## Nutrition Facts



## Properties

Glycemic Index:42.25, Glycemic Load:1.34, Inflammation Score:-6, Nutrition Score:10.769565247971%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

## Nutrients (% of daily need)

Calories: 173.64kcal (8.68%), Fat: 14.88g (22.9%), Saturated Fat: 2.16g (13.5%), Carbohydrates: 11.57g (3.86%), Net Carbohydrates: 4.15g (1.51%), Sugar: 2.27g (2.52%), Cholesterol: 0mg (0%), Sodium: 9.85mg (0.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.01%), Fiber: 7.43g (29.71%), Vitamin K: 27.35µg (26.05%), Vitamin C: 19.07mg (23.11%), Folate: 91.03µg (22.76%), Potassium: 604.57mg (17.27%), Vitamin E: 2.32mg (15.47%), Vitamin B6: 0.31mg (15.27%), Vitamin B5: 1.46mg (14.58%), Copper: 0.22mg (11.08%), Manganese: 0.22mg (10.8%), Vitamin A: 525.7IU (10.51%), Vitamin B3: 2mg (10%), Magnesium: 35.12mg (8.78%), Vitamin B2: 0.14mg (8.43%), Phosphorus: 65.34mg (6.53%), Vitamin B1: 0.09mg (5.89%), Zinc: 0.73mg (4.89%), Iron: 0.71mg (3.93%), Calcium: 19.65mg (1.96%)