



Tropical Guacamole



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



174 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 avocados ripe
- ☐ 0.3 teaspoon garlic minced
- ☐ 1 cup jicama diced peeled ()
- ☐ 2 tablespoons juice of lime
- ☐ 1 large mangos diced ripe peeled
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup onion sweet chopped

☐ 20 servings tortilla chips

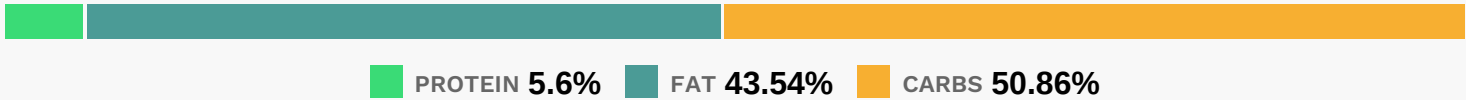
Equipment

- ☐ bowl
- ☐ potato masher

Directions

- ☐ Cut 1 avocado in half. Scoop pulp into a bowl; mash with a potato masher or fork until slightly chunky.
- ☐ Cut remaining avocado in half. Peel and dice.
- ☐ Stir mango and next 6 ingredients gently into mashed avocado until combined.
- ☐ Add diced avocado, and gently stir until combined.
- ☐ Serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:8.44, Glycemic Load:0.91, Inflammation Score:-3, Nutrition Score:4.984347841014%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 174.13kcal (8.71%), Fat: 8.8g (13.54%), Saturated Fat: 1.23g (7.66%), Carbohydrates: 23.13g (7.71%), Net Carbohydrates: 19.76g (7.18%), Sugar: 2.01g (2.24%), Cholesterol: 0mg (0%), Sodium: 151.95mg (6.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.55g (5.1%), Fiber: 3.37g (13.5%), Vitamin E: 1.53mg (10.21%), Vitamin K: 10.58µg (10.08%), Vitamin C: 7.65mg (9.27%), Magnesium: 31.52mg (7.88%), Phosphorus: 76.92mg (7.69%), Vitamin

B5: 0.64mg (6.45%), Folate: 25.49µg (6.37%), Vitamin B6: 0.12mg (6.03%), Potassium: 180.21mg (5.15%), Copper: 0.08mg (4.1%), Vitamin B1: 0.06mg (3.88%), Zinc: 0.54mg (3.6%), Calcium: 34.84mg (3.48%), Vitamin B3: 0.67mg (3.36%), Iron: 0.6mg (3.34%), Vitamin B2: 0.05mg (3.07%), Vitamin A: 144.45IU (2.89%), Manganese: 0.04mg (2.24%), Selenium: 1.44µg (2.05%)