



Tropiguac (Hawaiian-style Guacamole)

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



157 kcal

SIDE DISH

Ingredients

- 2 avocado pitted ripe peeled halved
- 1 teaspoon cilantro leaves fresh chopped to taste
- 1 pinch garlic powder
- 6 servings pepper black to taste
- 2 juice of lime juiced
- 1 mangos diced peeled seeded
- 0.3 pineapple fresh diced whole cored peeled
- 0.3 onion diced red

2 small tomatoes diced

Equipment

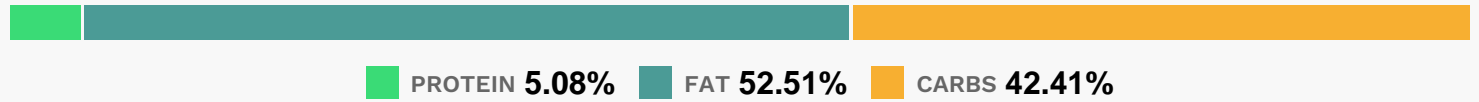
bowl

Directions

Mash the avocados in a large bowl.

Mix in the pineapple, mango, tomatoes, red onion, cucumber, cilantro, lime juice, garlic powder, salt, and black pepper until well blended.

Nutrition Facts



Properties

Glycemic Index:47.4, Glycemic Load:5.89, Inflammation Score:-7, Nutrition Score:11.699999936249%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 156.86kcal (7.84%), Fat: 10.1g (15.54%), Saturated Fat: 1.47g (9.22%), Carbohydrates: 18.36g (6.12%), Net Carbohydrates: 12.28g (4.46%), Sugar: 10.05g (11.16%), Cholesterol: 0mg (0%), Sodium: 7.35mg (0.32%), Alcohol: 0g (100%), Protein: 2.2g (4.4%), Vitamin C: 44.78mg (54.28%), Manganese: 0.52mg (26.09%), Fiber: 6.08g (24.31%), Folate: 82.35µg (20.59%), Vitamin K: 18.47µg (17.59%), Vitamin A: 752.42IU (15.05%), Potassium: 515.91mg (14.74%), Vitamin B6: 0.29mg (14.48%), Vitamin E: 1.89mg (12.62%), Copper: 0.23mg (11.55%), Vitamin B5: 1.13mg (11.25%), Vitamin B3: 1.79mg (8.93%), Magnesium: 32.19mg (8.05%), Vitamin B2: 0.12mg (7.12%), Vitamin B1: 0.1mg (6.69%), Phosphorus: 52.93mg (5.29%), Zinc: 0.57mg (3.83%), Iron: 0.64mg (3.58%), Calcium: 22.69mg (2.27%)