



World's Best Guacamole

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



145 min.

SERVINGS



6

CALORIES



226 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 avocado pitted ripe peeled
- 1 sprig cilantro leaves for garnish
- 2 juice of lime juiced
- 0.3 cup onion minced
- 0.3 cup pomegranate seeds divided
- 6 servings salt to taste
- 2 serrano chiles to taste

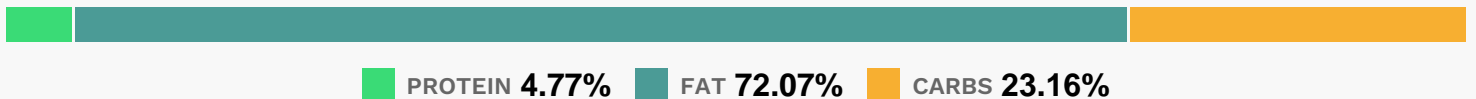
Equipment

- food processor
- bowl
- sieve

Directions

- Combine the onion with the juice of 2 limes in a small bowl; allow the onion to soak in the lime juice for 2 hours. Strain through a fine-mesh sieve and discard the lime juice. Set the onions aside.
- Grind the serrano chile peppers, the juice of 2 limes, and salt together in a food processor until smooth; add the avocado and continue processing until creamy and smooth.
- Transfer the mixture into a small serving bowl; fold the soaked onions, chopped cilantro, and about half the pomegranate seeds into the avocado mixture. Top with the remaining pomegranate seeds and garnish with the cilantro sprig to serve.

Nutrition Facts



Properties

Glycemic Index:27.67, Glycemic Load:1.79, Inflammation Score:-6, Nutrition Score:12.398260940676%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg 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: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 225.96kcal (11.3%), Fat: 19.8g (30.46%), Saturated Fat: 2.87g (17.92%), Carbohydrates: 14.32g (4.77%), Net Carbohydrates: 4.83g (1.76%), Sugar: 2.35g (2.61%), Cholesterol: 0mg (0%), Sodium: 204.2mg (8.88%), Alcohol: 0g

(100%), Protein: 2.95g (5.9%), Fiber: 9.49g (37.95%), Vitamin K: 30.62µg (29.16%), Folate: 114.07µg (28.52%), Vitamin C: 18.58mg (22.52%), Potassium: 695.34mg (19.87%), Vitamin B5: 1.91mg (19.13%), Vitamin E: 2.86mg (19.07%), Vitamin B6: 0.37mg (18.6%), Copper: 0.27mg (13.71%), Vitamin B3: 2.41mg (12.04%), Vitamin B2: 0.18mg (10.78%), Manganese: 0.21mg (10.72%), Magnesium: 41.68mg (10.42%), Phosphorus: 76.43mg (7.64%), Vitamin B1: 0.1mg (6.75%), Zinc: 0.91mg (6.05%), Vitamin A: 242.01IU (4.84%), Iron: 0.81mg (4.47%), Calcium: 20.26mg (2.03%)