

Yummy Guacamole



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



16

CALORIES



168 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 4 cloves garlic finely minced
- ☐ 4 green onions chopped
- ☐ 16 servings salt and ground pepper black to taste
- ☐ 8 hass avocados diced pitted ripe peeled
- ☐ 4 jalapeño peppers minced seeded
- ☐ 3 juice of lime juiced
- ☐ 3 roma tomatoes chopped plum

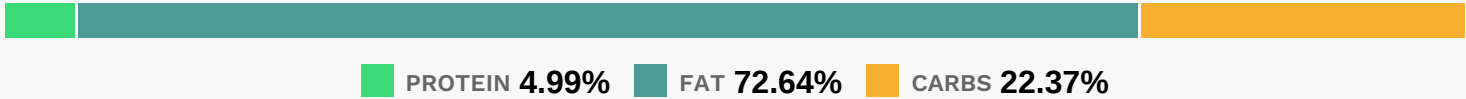
Equipment

- ☐ bowl
- ☐ plastic wrap

Directions

- ☐ Mash avocados with a fork in a large bowl.
- ☐ Mix tomatoes, cilantro, green onions, jalapeno peppers, garlic, and lime juice into mashed avocados; season with salt and black pepper.
- ☐ Place avocado seeds in guacamole. Cover bowl tightly with plastic wrap; refrigerate for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:1.02, Inflammation Score:-5, Nutrition Score:10.303043445815%

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: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 167.76kcal (8.39%), Fat: 14.83g (22.81%), Saturated Fat: 2.15g (13.44%), Carbohydrates: 10.28g (3.43%), Net Carbohydrates: 3.15g (1.15%), Sugar: 1.29g (1.43%), Cholesterol: 0mg (0%), Sodium: 8.69mg (0.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.58%), Vitamin K: 30.64µg (29.18%), Fiber: 7.13g (28.51%), Vitamin C: 18.41mg (22.32%), Folate: 86.93µg (21.73%), Potassium: 545.46mg (15.58%), Vitamin E: 2.31mg (15.41%), Vitamin B6: 0.3mg (14.83%), Vitamin B5: 1.44mg (14.35%), Copper: 0.21mg (10.41%), Manganese: 0.19mg (9.63%), Vitamin B3: 1.9mg (9.49%), Vitamin B2: 0.14mg (8.26%), Magnesium: 32.49mg (8.12%), Vitamin A: 348.37IU (6.97%), Phosphorus: 59.4mg (5.94%), Vitamin B1: 0.08mg (5.2%), Zinc: 0.7mg (4.64%), Iron: 0.67mg (3.74%), Calcium:

18.73mg (1.87%)