



Zilla's Guacamole (THE BEST)

☒ Vegetarian ☒ Gluten Free

READY IN

ready

75 min.

SERVINGS

servings

4

CALORIES

calories

205 kcal

- ANTIPASTI
- STARTER
- SNACK
- APPETIZER

Ingredients

- ☐ 2 avocados pitted peeled mashed
- ☐ 0.3 cup feta cheese crumbled
- ☐ 0.3 cup cilantro leaves fresh minced
- ☐ 1 jalapeno minced seeded to taste
- ☐ 1 juice of lime juiced to taste
- ☐ 0.5 onion red minced
- ☐ 4 servings salt to taste
- ☐ 0.5 tomatoes diced

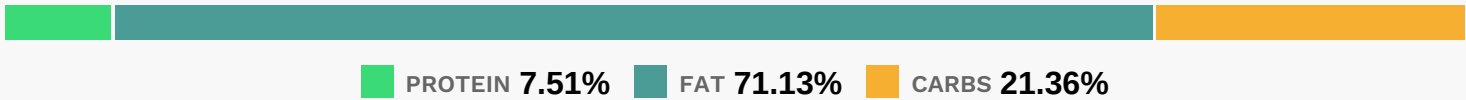
Equipment

☐ bowl

Directions

- ☐ Mix avocado, red onion, cilantro, feta cheese, lime juice, jalapeno pepper, salt, and tomato together in a bowl.
- ☐ Chill in refrigerator for 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:1.35, Inflammation Score:-6, Nutrition Score:12.00695649826%

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: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg

Nutrients (% of daily need)

Calories: 205.39kcal (10.27%), Fat: 17.53g (26.97%), Saturated Fat: 3.82g (23.86%), Carbohydrates: 11.85g (3.95%), Net Carbohydrates: 4.53g (1.65%), Sugar: 1.93g (2.15%), Cholesterol: 11.13mg (3.71%), Sodium: 345.51mg (15.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.16g (8.33%), Fiber: 7.32g (29.27%), Vitamin K: 27.43µg (26.12%), Vitamin C: 19.93mg (24.16%), Folate: 92.85µg (23.21%), Vitamin B6: 0.36mg (17.98%), Potassium: 576.13mg (16.46%), Vitamin E: 2.36mg (15.76%), Vitamin B5: 1.58mg (15.75%), Vitamin B2: 0.25mg (14.62%), Copper: 0.22mg (10.81%), Phosphorus: 104.66mg (10.47%), Vitamin B3: 2.05mg (10.25%), Manganese: 0.19mg (9.62%), Vitamin A: 459.28IU (9.19%), Magnesium: 36.06mg (9.02%), Calcium: 80.87mg (8.09%), Zinc: 1.07mg (7.14%), Vitamin B1: 0.1mg (6.85%), Iron: 0.75mg (4.14%), Vitamin B12: 0.21µg (3.52%), Selenium: 2.38µg (3.4%)