



Healthdor

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Side Guacamole

A delicious side dish made with ripe avocados, tomatoes, onions, and lime juice. It is a popular Mexican dip that is enjoyed with tortilla chips or as a topping for tacos and burritos.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

400 g	ripe avocados
200 g	Tomatoes
100 g	Onions
30 ml	lime juice
5 g	Salt

10 g	Cilantro
2 cloves	garlic

Directions

Step 1

Cutting

Cut the avocados in half and remove the pits. Scoop out the flesh and place it in a bowl.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Dice the tomatoes and onions. Mince the garlic and cilantro.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

Add the diced tomatoes, onions, minced garlic, and cilantro to the bowl with the avocado.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Mixing

Add the lime juice and salt to the bowl. Mash the ingredients together until well combined.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Serving

Taste and adjust the seasoning as needed. Serve the guacamole with tortilla chips or as a topping for tacos and burritos.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 160 kcal

Fat: 14 g

Protein: 2 g

Carbohydrates: 9 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	9 g	16.36%	18%
Fibers	7 g	18.42%	28%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	9 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	2 g	9.09%	11.76%
Fat	14 g	50%	56%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	480 mg	14.12%	18.46%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	4 mg	36.36%	50%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Stove

Nutritional Content

Low Calorie

Cuisines

Italian

French

Mediterranean

American

Diet

Anti-Inflammatory Diet

Course

Side Dishes

Salads

Snacks

Cultural

Chinese New Year

Cooking Method

Baking

Cut

Serving

Mashing

Healthy For

Gastroesophageal reflux disease (GERD)

Gastritis

Difficulty Level

Medium

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