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Avocado Rice Cake ♦

Avocado Rice Cake is a vegetarian dish made with ripe avocados and cooked rice. It is a healthy and delicious option for a meal or snack. The creamy texture of the avocados complements the softness of the rice, creating a satisfying and filling dish. Avocado Rice Cake can be enjoyed on its own or paired with a variety of toppings and sauces. It is a versatile recipe that can be customized to suit individual preferences.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

250 g	ripe avocados
250 g	cooked rice
1 tsp	salt
2 tbsp	lime juice

10 g	Cilantro
50 g	red onion
100 g	Tomato
1 tsp	garlic powder
0.5 tsp	black pepper

Directions

Step 1

In a large bowl, mash the ripe avocados with a fork.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Add the cooked rice to the mashed avocados and mix well.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Add salt, lime juice, cilantro, red onion, tomato, garlic powder, and black pepper to the avocado-rice mixture. Mix well to combine all the ingredients.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Refrigerating

Refrigerate the mixture for at least 30 minutes to allow the flavors to meld together.

Prep Time: 0 mins

Cook Time: 30 mins

Step 5

Serve the Avocado Rice Cake chilled and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 8 g

Protein: 2 g

Carbohydrates: 18 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	18 g	32.73%	36%
Fibers	6 g	15.79%	24%
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	5 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	8 g	28.57%	32%
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	15 mg	16.67%	20%
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	400 mg	11.76%	15.38%
Zinc	2 mg	18.18%	25%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer

Fall

Events

Picnic

Cuisines

Japanese

Course

Drinks

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Hanukkah

Oktoberfest

Passover

St. Patrick's Day

Christmas

Easter

Cost

Under \$10

\$20 to \$30

Demographics

Kids Friendly

Teen Friendly

Meal Type

Brunch

Lunch

Snack

Difficulty Level

Medium

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