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Simple Guacamole ♦♦

A classic and simple recipe for homemade guacamole. Guacamole is a traditional Mexican dip made from ripe avocados, lime juice, garlic, and other seasonings. It is commonly served as a dip with tortilla chips or as a condiment for tacos, burritos, and other Mexican dishes.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

400 g	ripe avocados
2 tbsp	lime juice
2 cloves	garlic
2 tbsp	red onion

2 tbsp	Tomato
2 tbsp	Cilantro
1 tsp	salt
0.5 tsp	black pepper

Directions

Step 1

Cut

Cut the avocados in half, remove the pit, and scoop out the flesh into a bowl.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mashing

Add the lime juice to the bowl with the avocados and mash them together with a fork or potato masher until desired consistency.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Cutting

Mince the garlic, finely chop the red onion, tomato, and cilantro, and add them to the bowl with the mashed avocados.

Prep Time: 3 mins

Cook Time: 0 mins

Step 4

Mixing

Season with salt and black pepper, and mix well to combine all the ingredients.

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
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	6 iu	0.67%	0.86%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	17 mg	18.89%	22.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	230 mg	10%	10%
Calcium	1 mg	0.1%	0.1%
Iron	3 mg	37.5%	16.67%
Potassium	450 mg	13.24%	17.31%
Zinc	4 mg	36.36%	50%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Events

Christmas

Easter

Barbecue

Cuisines

Mexican

Course

Main Dishes

Salads

Sauces & Dressings

Cultural

Chinese New Year

Diwali

Easter

Cost

Under \$10

\$10 to \$20

\$20 to \$30

Demographics

Kids Friendly

Teen Friendly

Allergy Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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