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Mango Pomegranate Guacamole ♦♦

Mango Pomegranate Guacamole is a vegan guacamole recipe that combines the creaminess of avocados with the sweetness of mangoes and the tanginess of pomegranate seeds. It is a refreshing and flavorful dip that can be enjoyed with tortilla chips or used as a topping for tacos and salads.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 500 grams

Number of Servings: 10

Serving Size: 50 g

Ingredients

500 g	ripe avocados
200 g	Mango
100 g	pomegranate seeds
50 g	red onion
20 g	fresh cilantro

30 ml	lime juice
5 g	salt
2 g	black pepper

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 mango and red onion. Chop the cilantro.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

Add the diced mango, red onion, and chopped cilantro to the bowl with the avocado.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Mixing

Add lime juice, salt, and black pepper to the bowl. Mash and mix all the ingredients together until well combined.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Mixing

Gently fold in the pomegranate seeds.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Serving

Serve the Mango Pomegranate Guacamole with tortilla chips or use it as a topping for tacos and salads.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 160 kcal

Fat: 12 g

Protein: 2 g

Carbohydrates: 14 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	14 g	25.45%	28%
Fibers	5 g	13.16%	20%
Sugars	6 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	12 g	42.86%	48%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	1000 iu	111.11%	142.86%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	20 mg	2%	2%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	1 mg	12.5%	5.56%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
 Valentine's Day Mother's Day Father's Day New Year Anniversary
 Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic
 Game Day

Meal Type

Snack Lunch Dinner

Difficulty Level

Medium

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