

wholly guacamole nutrition facts

wholly guacamole nutrition facts provide valuable insights into the health benefits and dietary considerations of this popular avocado-based dip. As a convenient and flavorful option, Wholly Guacamole has gained popularity among consumers seeking nutritious snacks. Understanding the nutrition facts of Wholly Guacamole helps individuals make informed choices about their diet, especially in relation to calorie intake, fat content, vitamins, and minerals. This article explores the detailed nutritional profile of Wholly Guacamole, highlighting its macronutrients, micronutrients, and other key components. Additionally, it discusses the health benefits, potential allergens, and suitability for various dietary preferences. The information presented will guide readers in incorporating Wholly Guacamole into a balanced and healthy eating plan. Below is a comprehensive overview of the main topics covered regarding Wholly Guacamole nutrition facts.

- Nutritional Profile of Wholly Guacamole
- Macronutrients in Wholly Guacamole
- Micronutrients and Health Benefits
- Ingredients and Additives
- Dietary Considerations and Allergen Information
- Serving Suggestions and Usage Tips

Nutritional Profile of Wholly Guacamole

The nutritional profile of Wholly Guacamole is largely influenced by its primary ingredient: fresh avocados. This product typically offers a rich source of healthy fats, fiber, and essential nutrients. Each serving is designed to provide a balanced combination of calories, fats, carbohydrates, and proteins, making it an excellent option for snacking or meal accompaniment. Understanding the overall nutritional content is crucial for those monitoring their daily intake for weight management, heart health, or general wellness.

Caloric Content

A standard serving size of Wholly Guacamole is approximately two tablespoons, containing roughly 70 to 80 calories. The calorie count is primarily derived from healthy monounsaturated fats found in avocados. Compared to many other

dips or spreads, Wholly Guacamole offers moderate calories with significant nutritional value, making it a preferable choice for caloric-conscious individuals.

Fat Content

One of the standout features in the wholly guacamole nutrition facts is the fat composition. Each serving contains around 6 to 7 grams of fat, predominantly from heart-healthy monounsaturated fats such as oleic acid. These fats are beneficial for cardiovascular health and can help reduce bad cholesterol levels. The dip contains minimal saturated fat, contributing to its favorable fat profile.

Macronutrients in Wholly Guacamole

Macronutrients play a vital role in the energy provision and satiety effects of Wholly Guacamole. The balance between fats, carbohydrates, and proteins determines its suitability for various diets, including low-carb, keto, and plant-based plans.

Carbohydrates and Fiber

Wholly Guacamole contains approximately 4 to 5 grams of carbohydrates per serving, with a significant portion coming from dietary fiber. Fiber content typically ranges from 3 to 4 grams per serving, which supports digestive health and helps regulate blood sugar levels. The low net carbohydrate content makes it compatible with glycemic control and weight management goals.

Protein Content

The protein content in Wholly Guacamole is modest, usually around 1 gram per serving. While not a significant protein source, the presence of plant-based protein complements the overall nutritional benefits of the product. It contributes to muscle maintenance and repair when combined with other protein-rich foods.

Micronutrients and Health Benefits

Wholly Guacamole is rich in a variety of essential vitamins and minerals that contribute to overall health. The micronutrient profile enhances its appeal as a nutritious snack and supports various bodily functions.

Vitamins

Avocados, the main ingredient in Wholly Guacamole, are an excellent source of vitamins such as Vitamin K, Vitamin E, Vitamin C, and several B vitamins including folate. Vitamin K plays a crucial role in blood clotting and bone health, while Vitamin E acts as a powerful antioxidant. Vitamin C supports immune function and skin health, and folate is essential for DNA synthesis and cell growth.

Minerals

The dip also provides important minerals such as potassium, magnesium, and copper. Potassium aids in maintaining proper heart function and blood pressure regulation. Magnesium supports muscle and nerve function, and copper contributes to iron metabolism and the formation of red blood cells.

Ingredients and Additives

Understanding the ingredients list is important when analyzing wholly guacamole nutrition facts. The product is typically made from simple, natural components, emphasizing freshness and quality.

Primary Ingredients

The main ingredient is ripe avocados, which are mashed and blended to create the creamy texture. Additional ingredients often include diced tomatoes, onions, jalapeños, lime juice, and salt to enhance flavor without compromising nutritional value.

Additives and Preservatives

Wholly Guacamole generally avoids artificial preservatives, colors, and flavors. The product is designed to maintain freshness through natural means such as the acidity of lime juice. This approach appeals to consumers looking for clean-label foods with minimal processing.

Dietary Considerations and Allergen Information

Wholly Guacamole nutrition facts also encompass dietary suitability and allergen status, important for individuals with specific health needs or restrictions.

Allergen-Free Attributes

The product is naturally free from common allergens such as gluten, dairy, nuts, and soy. This makes it a safe option for people with allergies or sensitivities. Additionally, it is suitable for vegan and vegetarian diets, aligning with plant-based nutrition trends.

Compatibility with Special Diets

Due to its low carbohydrate and high healthy fat content, Wholly Guacamole fits well within ketogenic, paleo, and low-carb diets. Its fiber content helps support digestive health, while the absence of added sugars makes it appropriate for diabetic-friendly meal plans.

Serving Suggestions and Usage Tips

Incorporating Wholly Guacamole into daily meals can enhance flavor and nutritional value. Its versatility makes it suitable for a variety of culinary uses.

Popular Serving Methods

- As a dip for fresh vegetables, tortilla chips, or crackers
- Spread on sandwiches or wraps as a creamy condiment
- Mixed into salads for added texture and flavor
- Used as a topping for grilled meats, tacos, or baked potatoes

Storage and Handling

To preserve freshness and maintain optimum nutritional quality, Wholly Guacamole should be refrigerated after opening and consumed within the recommended time frame. Proper storage helps prevent oxidation and keeps the dip vibrant and flavorful.

Frequently Asked Questions

What are the main ingredients in Wholly Guacamole?

Wholly Guacamole is made primarily from fresh avocados, along with ingredients like onions, tomatoes, jalapeños, lime juice, and salt.

How many calories are in a serving of Wholly Guacamole?

A typical serving size of Wholly Guacamole (about 2 tablespoons or 30 grams) contains approximately 70 calories.

Is Wholly Guacamole a good source of healthy fats?

Yes, Wholly Guacamole is rich in monounsaturated fats, which are considered healthy fats that can support heart health.

How much sodium does Wholly Guacamole contain per serving?

Wholly Guacamole contains around 150 to 170 mg of sodium per serving, depending on the specific variety.

Does Wholly Guacamole contain any added sugars?

No, Wholly Guacamole does not contain added sugars; the sugars present come naturally from the fresh ingredients.

Is Wholly Guacamole gluten-free?

Yes, Wholly Guacamole is gluten-free, making it suitable for individuals with gluten sensitivities or celiac disease.

How much fiber is in a serving of Wholly Guacamole?

A serving of Wholly Guacamole contains about 3 grams of dietary fiber, which supports digestive health.

Can Wholly Guacamole be part of a vegan diet?

Yes, Wholly Guacamole is vegan-friendly as it contains only plant-based ingredients.

What vitamins and minerals are found in Wholly Guacamole?

Wholly Guacamole provides vitamins such as vitamin C, vitamin E, and vitamin K, along with minerals like potassium and folate.

Additional Resources

1. *The Nutritional Power of Guacamole: A Comprehensive Guide*

This book dives deep into the nutrient profile of guacamole, highlighting its rich content of healthy fats, fiber, and essential vitamins. It explores how guacamole can fit into various diets and offers tips on maximizing its health benefits. Readers will find detailed explanations of the health impacts of each ingredient found in guacamole.

2. *Wholly Guacamole: Healthy Eating with Avocado-Based Dips*

Focusing on avocado-based dips like guacamole, this book covers the nutritional advantages and potential allergens. It includes recipes that maintain the nutritional integrity of guacamole while catering to different dietary needs. The book also discusses portion control and calorie considerations.

3. *Guacamole and Heart Health: The Science Behind the Dip*

This title explores the relationship between guacamole's ingredients and cardiovascular health. It presents scientific studies on how avocados and related nutrients help reduce cholesterol and improve heart function. Practical advice on incorporating guacamole into heart-healthy diets is also provided.

4. *Avocado Nutrition Facts: Unlocking Guacamole's Benefits*

A detailed look at the vitamins, minerals, and antioxidants in avocados that make guacamole a nutritious choice. The book explains the role of each nutrient in maintaining health and preventing disease. It also compares guacamole to other common dips in terms of nutritional value.

5. *Wholesome Guacamole: Balancing Taste and Nutrition*

This book emphasizes creating guacamole that is both delicious and nutritionally balanced. It offers insights into ingredient substitutions to lower sodium or add protein without compromising flavor. Readers learn how to prepare guacamole as a nutrient-dense snack or meal addition.

6. *Guacamole and Weight Management: Facts and Myths*

Addressing common misconceptions about guacamole and weight gain, this book evaluates calorie content and satiety factors. It provides evidence-based guidance on how guacamole can be part of a weight management plan. The book also includes meal plans and snack ideas featuring guacamole.

7. *Superfoods Spotlight: Guacamole and Its Nutritional Impact*

Highlighting guacamole as a superfood, this book covers its antioxidant properties and role in boosting immune function. It discusses how guacamole contributes to overall wellness and supports energy levels. The book includes tips on selecting fresh ingredients to maximize nutrition.

8. *Guacamole Ingredients and Their Health Benefits*

This title breaks down each component of guacamole, such as avocado, lime, onion, and cilantro, detailing their individual nutritional contributions. It explains how these ingredients work synergistically to enhance the dip's

health profile. Recipes and nutritional comparisons are included to help readers make informed choices.

9. *Everyday Guacamole: Nutrition Facts for the Health-Conscious*

Designed for everyday cooks, this book provides an accessible overview of guacamole's nutrition facts. It offers practical advice on creating quick, healthy guacamole variations for busy lifestyles. Nutritional information is presented clearly, helping readers understand how guacamole fits into their daily diet.

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