

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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with cutting edge anti-aging benefits. An innovative weight loss plan for men and women, the 7-week diet is built on the foods science shows delivers anti-aging benefits. Adopt this easy-to-follow plan and you'll have better cholesterol levels, lower blood pressure, an in-control sugar level, a healthier heart, and a leaner body. And another big anti-aging bonus: Studies show many of the anti-aging foods found on this diet also nourish your skin so you can actually look younger. It's an added benefit that comes as a surprise to many, but it's a scientific fact: Eating certain foods can improve your skin in a variety of ways that give you vibrant color and can even diminish wrinkles. Along with the 7-week meal plan and fitness program, the diet includes more than 90 recipes for breakfast, lunch, and dinner. Throughout, there is abundant, proven advice on overcoming mental hurdles to achieve permanent diet success and ideas on how to personalize the plan to your specific situation by swapping out meals. Get ready to turn back the scale-and the clock!

wholly guacamole nutrition facts: Understanding Food Systems Ruth MacDonald, Cheryll Reitmeier, 2017-05-25 Understanding Food Systems: Agriculture, Food Science, and Nutrition in the United States explores the complex and evolving system from which the United States gets its food. From farm, to home, and everything in-between, the authors use a scientific perspective that explains the fundamentals of agricultural production, food science, and human nutrition that will guide readers through the issues that shape our food system, including political, societal, environmental, economic, and ethical concerns. Presenting the role and impact of technology, from production to processing and safety, to cultural and consumer behavior perspectives, the book also explores the link between food systems and the history of nutrients and diet patterns, and how these influence disease occurrence. Current topics of concern and debate, including the correlations between food systems and diet-related diseases, such as obesity and diabetes are explored, as are the history and current status of food insecurity and accessibility. Throughout the text, readers are exposed to current topics that play important roles in personal food choices and how they influence components of the food system. - Presents the evolution of the US food system, from historical beginnings, to current consumer and political roles and responsibilities - Provides farm to fork insights on production and consumption practices in the United States - Explores complex topics in call-out boxes throughout the text to help readers understand the various perspectives on controversial topics

wholly guacamole nutrition facts: The Cosmo Bikini Diet Holly Corbett, The editors of Cosmopolitan,, 2013-12-31 The Cosmo Bikini Diet is a weight-loss plan designed to get you slim and sexy all over without leaving you feeling unsatisfied, moody, and hungry-for real. In fact, it makes eating well and working out actually feel, well, enjoyable. This 12-week program gives you all the tools you need to drop pounds and get toned without cramping your lifestyle: Monthly real-world eating plans; Hot & Healthy workouts that you can fit into even the busiest of schedules; ideas to up the feel-good moments in your day so you don't use food as a quick fix; and more. You'll lose up to 15 pounds (or more) in 12 weeks without feeling deprived. The meal plans were specially designed by Molly Morgan, RD., Board Certified Sports Specialist Dietitian, the owner of Creative Nutrition Solutions, and author of The Skinny Rules, and includes dozens of easy recipes. Each week the reader learns a new get-skinny secret like how to: fuel up on the right carbs, slash sneaky sources of sugar, choose foods that will flatten your tummy! Then customized fitness plan from celebrity trainer Tracy Anderson and Barry's Bootcamp offers a mix of cardio and body sculpting moves to tone your butt, arms, belly, and more! The truth is that reaching your happy weight is not so much about hitting a number on the scale or size tag in your jeans, but about feeling light and lean and strong. It's about getting there without abusing your body with extreme dieting and exercise. It's about eventually walking around-whether in a bikini or not!-with confidence, knowing that you are the healthiest you that you can be.

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Nutrition Facts for Wholly Guacamole Classic - myfooddata Nutrition Facts for Wholly Guacamole Classic - View calories, protein, carbs, fats, vitamins, minerals, and more

Wholly Guacamole Nutrition Facts - Eat This Much The amount of calories, carbs, fat, and protein values for Wholly Guacamole

Wholly guacamole Nutrition - One cup of Wholly guacamole is around 237.5 grams and contains approximately 375.0 calories, 4.2 grams of protein, 33.3 grams of fat, and 12.5 grams of carbohydrates. Wholly Guacamole

Calories in Guacamole from Wholly - Nutritionix The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice

Nutrition Facts for Wholly Classic Guacamole • MyFoodDiary® View calories, net carbs, added sugars, sodium, protein, total carbohydrates, fats, vitamins, minerals, and more!

Calories in Wholly Guacamole Wholly Guacamole Minis and Nutrition Facts Get full nutrition facts for other Wholly Guacamole products and all your other favorite brands

Wholly Guacamole Calories and Nutrition Information. Page 1 Calories and nutrition information for Wholly Guacamole products. Page 1

Wholly Guacamole Organic Classic Guacamole Nutrition Facts - Eat 1 mini cup of Wholly Guacamole organic classic guacamole contains 120 Calories. The macronutrient breakdown is 20% carbs, 76% fat, and 3% protein. This has a moderate calorie

Wholly Guacamole Nutrition Facts • MyFoodDiary® Nutrition information for Wholly Guacamole. Track calories, carbs, fat, and 18 other key nutrients. Start your food diary today!

Nutrition Facts for Wholly guacamole - CLASSIC ORGANIC Nutrition Facts for Wholly guacamole - CLASSIC ORGANIC GUACAMOLE - View calories, protein, carbs, fats, vitamins, minerals, and more

Calories in Classic Guacamole from Wholly Guacamole - Nutritionix Calories and other nutrition information for Classic Guacamole from Wholly Guacamole

Wholly Guacamole Guacamole, Classic Nutrition Facts - Eat This 1 pouch of Wholly Guacamole guacamole, classic contains 120 Calories. The macronutrient breakdown is 16% carbs, 80% fat, and 3% protein. This has a moderate calorie density, with

Chunky Guacamole | Traditional Guacamole | Good Foods Chunky goodness and full of flavor. This simple blend of Hass avocados, tomatoes, onions, garlic, and fresh lime juice is guacamole at its purest

Nutrition Facts for Wholly - CLASSIC GUACAMOLE, CLASSIC Nutrition Facts for Wholly - CLASSIC GUACAMOLE, CLASSIC - View calories, protein, carbs, fats, vitamins, minerals, and more