



Ali's Green Sauce

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



12

CALORIES



150 kcal

SAUCE

Ingredients

- 3 avocado pitted peeled
- 5 sprigs cilantro leaves fresh
- 3 cloves garlic peeled
- 3 tomatoes green
- 2 jalapeno halved seeded
- 12 servings salt to taste
- 1.5 cups cream sour
- 4 tomatillos fresh

Equipment

- food processor
- sauce pan
- blender

Directions

- Place tomatoes, tomatillos, garlic, and jalapenos in a saucepan, and add enough water to cover. Bring to a boil, and cook for 15 minutes, or until vegetables are tender.
- Remove from heat, drain, and allow to cool.
- Place avocados, the cooked vegetables, sour cream, and cilantro in a blender or food processor, and blend until smooth. Season to taste with salt. Cover, and refrigerate until ready to serve.

Nutrition Facts

PROTEIN 5.66% **FAT 73.72%** **CARBS 20.62%**

Properties

Glycemic Index:11.17, Glycemic Load:0.47, Inflammation Score:-5, Nutrition Score:7.6617391420447%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 150.03kcal (7.5%), Fat: 13.16g (20.24%), Saturated Fat: 4g (25.01%), Carbohydrates: 8.28g (2.76%), Net Carbohydrates: 4.25g (1.55%), Sugar: 3.1g (3.44%), Cholesterol: 16.96mg (5.65%), Sodium: 210.95mg (9.17%), Alcohol: Og (100%), Protein: 2.27g (4.55%), Vitamin C: 17.06mg (20.67%), Vitamin K: 18.55µg (17.67%), Fiber: 4.03g (16.11%), Folate: 47.21µg (11.8%), Potassium: 386.41mg (11.04%), Vitamin A: 550.51IU (11.01%), Vitamin B5: 0.98mg (9.82%), Vitamin B6: 0.19mg (9.63%), Vitamin E: 1.42mg (9.44%), Vitamin B2: 0.13mg (7.87%), Copper: 0.14mg (7.14%), Manganese: 0.14mg (7.09%), Vitamin B3: 1.31mg (6.55%), Phosphorus: 63.21mg (6.32%), Magnesium: 23.57mg (5.89%), Vitamin B1: 0.07mg (4.39%), Calcium: 42.24mg (4.22%), Zinc: 0.48mg (3.2%), Iron: 0.56mg

(3.11%), Selenium: 1.57µg (2.24%), Vitamin B12: 0.06µg (1.01%)