



## Avocado and Roasted Tomatillo Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



2

CALORIES



274 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 1 large avocado mashed (stone removed, scooped from skin and )
- ☐ 1 handful cilantro leaves chopped ( )
- ☐ 1 clove garlic
- ☐ 1 jalapeno
- ☐ 1 juice of lime (juice and zest)
- ☐ 1 tablespoon oil
- ☐ 0.5 small onion peeled cut into large chunks)
- ☐ 2 servings salt and pepper to taste

☐ 0.5 pound tomatillos (husks removed)

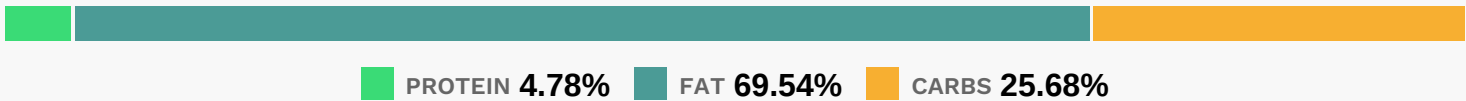
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Place the tomatillos and jalapeno pepper on a baking sheet and broil in the oven until the tomatillos and jalapenos are blackened all over, about 10 minutes per side.
- ☐ Place the tomatillos, jalapeno pepper, onion and garlic into a food processor and puree. (
- ☐ Remove the charred outer skins first if you wish.)
- ☐ (Optional)
- ☐ Heat the oil in a pan over medium-high heat.
- ☐ (Optional)
- ☐ Add the the tomatillo salsa, season with salt and pepper and saute until it thickens, about 3-5 minutes.
- ☐ (Optional)
- ☐ Remove from heat and let cool.
- ☐ Mix in the mashed avocado, lime juice and cilantro.

Nutrition Facts



Properties

Glycemic Index:80.5, Glycemic Load:1.32, Inflammation Score:-7, Nutrition Score:16.048260818357%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate:

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Nutrients (% of daily need)

Calories: 274.44kcal (13.72%), Fat: 23g (35.39%), Saturated Fat: 2.83g (17.69%), Carbohydrates: 19.12g (6.37%), Net Carbohydrates: 9.59g (3.49%), Sugar: 6.44g (7.15%), Cholesterol: 0mg (0%), Sodium: 204.34mg (8.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.56g (7.11%), Vitamin C: 38.42mg (46.57%), Vitamin K: 45.23µg (43.08%), Fiber: 9.53g (38.12%), Vitamin E: 4.07mg (27.16%), Potassium: 868.27mg (24.81%), Folate: 97.34µg (24.34%), Vitamin B3: 4.01mg (20.05%), Vitamin B6: 0.4mg (19.97%), Manganese: 0.38mg (19.12%), Vitamin B5: 1.65mg (16.48%), Copper: 0.3mg (15.19%), Magnesium: 56.72mg (14.18%), Vitamin B2: 0.19mg (11.01%), Phosphorus: 108.74mg (10.87%), Vitamin A: 494.41IU (9.89%), Vitamin B1: 0.14mg (9.08%), Iron: 1.39mg (7.7%), Zinc: 0.97mg (6.48%), Calcium: 31.14mg (3.11%), Selenium: 1.33µg (1.9%)