



Avocado-Lime Sauce Vierge



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



67 kcal

SAUCE

Ingredients

- ☐ 0.5 medium avocado diced pitted
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 tablespoon cilantro leaves fresh coarsely chopped
- ☐ 1 garlic clove finely chopped
- ☐ 1 jalapeno seeded finely chopped
- ☐ 2 lime halved
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 6 servings pepper black freshly ground fine

☐ 1 teaspoon shallots finely chopped

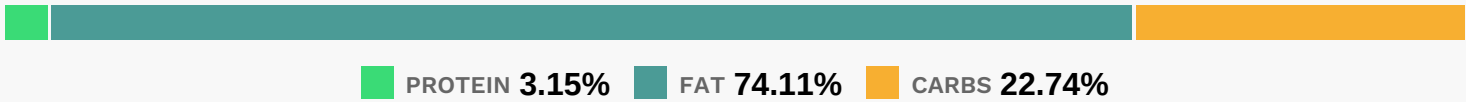
Equipment

☐ bowl

Directions

- ☐ Combine oil, avocado, jalapeño, garlic, and shallot in a medium bowl. Squeeze limes into avocado mixture. Using a spoon, scrape pulp out of limes into mixture. Stir to combine. DO AHEAD: Sauce can be made 4 days ahead. Press a piece of plastic wrap directly onto surface of sauce. Cover and chill. Bring sauce to room temperature before continuing.
- ☐ Stir basil and cilantro into sauce just before serving. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index: 49.67, Glycemic Load: 0.78, Inflammation Score: -2, Nutrition Score: 3.0830434444158%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 67.41kcal (3.37%), Fat: 6.13g (9.43%), Saturated Fat: 0.86g (5.39%), Carbohydrates: 4.23g (1.41%), Net Carbohydrates: 2.36g (0.86%), Sugar: 0.62g (0.69%), Cholesterol: 0mg (0%), Sodium: 1.96mg (0.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.59g (1.17%), Vitamin C: 11.26mg (13.65%), Vitamin K: 9.4µg (8.95%), Fiber: 1.87g (7.49%), Vitamin E: 1.01mg (6.71%), Folate: 16.62µg (4.16%), Vitamin B6: 0.07mg (3.56%), Potassium: 116.6mg (3.33%), Vitamin B5: 0.3mg (2.96%), Manganese: 0.06mg (2.89%), Copper: 0.05mg (2.66%), Vitamin A: 101.05IU (2.02%), Vitamin B3: 0.38mg (1.89%), Magnesium: 7.36mg (1.84%), Vitamin B2: 0.03mg (1.72%), Iron: 0.3mg (1.65%), Phosphorus: 14.86mg (1.49%), Vitamin B1: 0.02mg (1.36%), Calcium: 12.39mg (1.24%)