



## Avocado Salsa Verde

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



171 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 avocado chopped
- 0.5 cup cilantro leaves fresh
- 2 garlic cloves
- 1 jalapeno seeded chopped
- 1.5 teaspoons kosher salt
- 2 tablespoons juice of lime fresh
- 0.3 onion sweet chopped
- 1 pounds tomatillos ( 10)

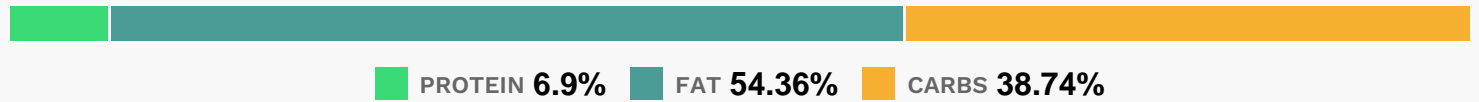
# Equipment

food processor

# Directions

- Peel husks from tomatillos, and rinse with cool water until they no longer feel sticky.
- Cut into chunks, and place in a food processor.
- Add onion, garlic, and serrano pepper; process until mixture is very finely chopped.
- Add cilantro and lime juice; process until finely chopped.
- Add avocado and salt; pulse until blended.

# Nutrition Facts



# Properties

Glycemic Index:34, Glycemic Load:0.68, Inflammation Score:-7, Nutrition Score:13.701739290486%

# Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg

# Nutrients (% of daily need)

Calories: 171.14kcal (8.56%), Fat: 11.45g (17.62%), Saturated Fat: 1.64g (10.26%), Carbohydrates: 18.36g (6.12%), Net Carbohydrates: 10.52g (3.83%), Sugar: 8.06g (8.95%), Cholesterol: 0mg (0%), Sodium: 1173.12mg (51.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.27g (6.55%), Vitamin C: 30.96mg (37.52%), Vitamin K: 38.02µg (36.21%), Fiber: 7.84g (31.36%), Potassium: 802.94mg (22.94%), Vitamin B3: 4.09mg (20.44%), Manganese: 0.4mg (20.04%), Folate: 74.37µg (18.59%), Vitamin B6: 0.34mg (16.77%), Copper: 0.28mg (14.02%), Vitamin E: 2.07mg (13.81%), Magnesium: 54.62mg (13.65%), Vitamin B5: 1.23mg (12.28%), Phosphorus: 107.79mg (10.78%), Vitamin A: 474.33IU (9.49%), Vitamin B2: 0.16mg (9.13%), Vitamin B1: 0.13mg (8.81%), Iron: 1.49mg (8.31%), Zinc: 0.85mg

(5.67%), Calcium: 31.89mg (3.19%), Selenium: 1.49 $\mu$ g (2.13%)