



Avocado-Tomatillo Dip with Cumin Pita Chips

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 avocados ripe peeled seeded coarsely chopped
- ☐ 1 teaspoon cumin seeds crushed
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 teaspoon jalapeno seeded finely chopped
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 cup onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 3 6-inch pitas split ()

- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup cup heavy whipping cream fat-free sour
- ☐ 0.5 pound tomatillos (5 large)

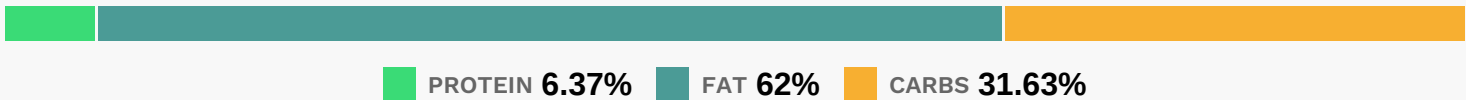
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 37
- ☐ To prepare chips, coat rough side of each pita half with cooking spray; sprinkle pita halves evenly with cumin seeds, oregano, and 1/2 teaspoon kosher salt.
- ☐ Cut each pita half into 8 wedges; arrange wedges in a single layer on baking sheets.
- ☐ Bake at 375 for 15 minutes or until golden brown.
- ☐ To prepare dip, discard husks and stems from tomatillos.
- ☐ Place tomatillos in a small saucepan; cover with water. Bring to a boil; cook 5 minutes or until tender. Cool to room temperature.
- ☐ Place tomatillos, onion, cilantro, jalapeo, and 1/2 teaspoon salt in a blender or food processor, and process until smooth.
- ☐ Add sour cream and avocado; process until smooth.
- ☐ Serve with chips.

Nutrition Facts



Properties

Glycemic Index:19.83, Glycemic Load:0.52, Inflammation Score:-4, Nutrition Score:4.2460870198582%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 68.93kcal (3.45%), Fat: 5.17g (7.96%), Saturated Fat: 0.75g (4.68%), Carbohydrates: 5.94g (1.98%), Net Carbohydrates: 3.11g (1.13%), Sugar: 1.3g (1.44%), Cholesterol: 0.57mg (0.19%), Sodium: 207.3mg (9.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.2g (2.39%), Fiber: 2.82g (11.3%), Vitamin K: 10.3µg (9.81%), Vitamin C: 6.58mg (7.98%), Folate: 31.05µg (7.76%), Potassium: 237.9mg (6.8%), Vitamin B6: 0.11mg (5.52%), Vitamin E: 0.82mg (5.46%), Manganese: 0.1mg (5.07%), Vitamin B5: 0.51mg (5.06%), Vitamin B3: 0.97mg (4.86%), Copper: 0.09mg (4.28%), Magnesium: 16.01mg (4%), Vitamin B2: 0.06mg (3.74%), Phosphorus: 34.25mg (3.43%), Iron: 0.49mg (2.75%), Vitamin B1: 0.04mg (2.57%), Zinc: 0.32mg (2.1%), Vitamin A: 100.82IU (2.02%), Calcium: 19.51mg (1.95%)