



Avocado-Tomatillo Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



124 kcal

SAUCE

Ingredients

- ☐ 1 avocado ripe coarsely chopped
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup butter cut into small pieces
- ☐ 1 cup cilantro leaves fresh chopped
- ☐ 2 garlic clove coarsely chopped
- ☐ 2 jalapeno seeded
- ☐ 3 tablespoons juice of lime fresh
- ☐ 0.5 teaspoon salt

- ☐ 1 shallots coarsely chopped
- ☐ 5 tomatillos husked quartered
- ☐ 1 cup water

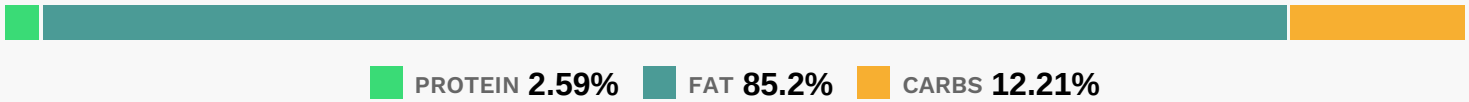
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ blender

Directions

- ☐ Combine tomatillos and next 4 ingredients in a saucepan. Bring to a boil, reduce heat, and simmer about 30 minutes.
- ☐ Pour mixture through a wire-mesh strainer into a container, reserving 1/2 cup liquid.
- ☐ Place tomatillo mixture and reserved liquid in a blender.
- ☐ Add avocado, cilantro, and lime juice; process until smooth.
- ☐ Transfer to a saucepan, and heat until warm. Gradually whisk in butter, salt, and pepper until well blended.

Nutrition Facts



Properties

Glycemic Index:24.6, Glycemic Load:0.35, Inflammation Score:-4, Nutrition Score:3.9634782360948%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

0.01mg, Myricetin: 0.01mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 124.1kcal (6.21%), Fat: 12.36g (19.02%), Saturated Fat: 6.29g (39.32%), Carbohydrates: 3.98g (1.33%), Net Carbohydrates: 2.07g (0.75%), Sugar: 1.22g (1.35%), Cholesterol: 24.4mg (8.13%), Sodium: 193.34mg (8.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.85g (1.69%), Vitamin K: 12.35µg (11.76%), Vitamin C: 9.49mg (11.5%), Vitamin A: 473.19IU (9.46%), Fiber: 1.92g (7.66%), Vitamin E: 0.9mg (5.97%), Folate: 20.89µg (5.22%), Potassium: 177.76mg (5.08%), Vitamin B6: 0.09mg (4.68%), Manganese: 0.09mg (4.45%), Vitamin B3: 0.74mg (3.69%), Vitamin B5: 0.35mg (3.52%), Copper: 0.07mg (3.31%), Magnesium: 11.65mg (2.91%), Vitamin B2: 0.04mg (2.5%), Phosphorus: 24.43mg (2.44%), Vitamin B1: 0.03mg (1.84%), Iron: 0.3mg (1.69%), Zinc: 0.21mg (1.41%), Calcium: 11.38mg (1.14%)