



Avocado with Savory Tomato Sorbet and Chips



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



173 kcal

SIDE DISH

Ingredients

- ☐ 2 avocados ripe
- ☐ 12 leaves cilantro leaves roughly chopped
- ☐ 8 baked corn chips crushed
- ☐ 1 teaspoon hot sauce (preferably Tabasco)
- ☐ 1 juice of lime
- ☐ 1 small lime diced peeled
- ☐ 0.3 cup olive oil divided

- ☐ 1 small onion diced
- ☐ 0.5 teaspoon sea salt divided
- ☐ 0.8 cup sacramento tomato juice
- ☐ 4 large tomatoes ripe chopped

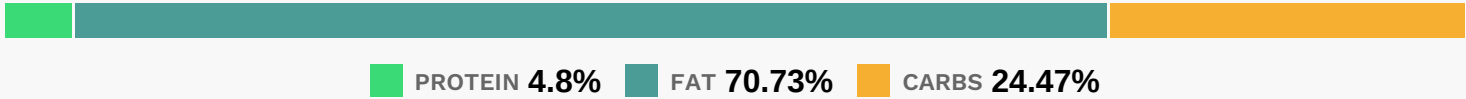
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ sieve
- ☐ blender
- ☐ plastic wrap
- ☐ ice cream machine

Directions

- ☐ Blend tomatoes, tomato juice, 1/2 teaspoon oil, lime juice and hot sauce with 1/2 cup water in a blender or food processor until smooth. Strain through a fine-mesh sieve; discard solids.
- ☐ Add 1/4 teaspoon salt. Freeze in an ice cream maker, as directed by manufacturer. Store in freezer.
- ☐ Heat remaining 1/4 cup oil in a medium saucepan over medium heat. Cook onion until tender, about 10 minutes. Reduce heat to low; cook 10 minutes more.
- ☐ Remove from heat; cool to room temperature. Blend in a blender until smooth. Strain through a fine-mesh sieve; discard solids. Set aside. Slice avocado thinly and divide among 8 small plates, fanning out slices to form a flat surface. Coat avocado with cooking spray; cover with plastic wrap until needed (to prevent oxidation).
- ☐ Place diced lime on and around avocado.
- ☐ Sprinkle with remaining 1/4 teaspoon salt.
- ☐ Place 1 scoop sorbet on top of avocado slices; drizzle with 1 teaspoon onion oil. Divide chips among plates; sprinkle with black pepper.
- ☐ Garnish with cilantro.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:25.04, Glycemic Load:1.96, Inflammation Score:-7, Nutrition Score:10.160000018452%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 3.94mg, Hesperetin: 3.94mg, Hesperetin: 3.94mg, Hesperetin: 3.94mg Naringenin: 0.92mg, Naringenin: 0.92mg, Naringenin: 0.92mg, Naringenin: 0.92mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg

Nutrients (% of daily need)

Calories: 173.06kcal (8.65%), Fat: 14.7g (22.62%), Saturated Fat: 2.08g (12.99%), Carbohydrates: 11.44g (3.81%), Net Carbohydrates: 6.41g (2.33%), Sugar: 4.13g (4.59%), Cholesterol: 0mg (0%), Sodium: 175.46mg (7.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.25g (4.49%), Vitamin C: 26.65mg (32.3%), Vitamin K: 27.16µg (25.87%), Vitamin A: 1042.18IU (20.84%), Fiber: 5.03g (20.13%), Vitamin E: 2.72mg (18.1%), Folate: 62.66µg (15.66%), Potassium: 547.33mg (15.64%), Vitamin B6: 0.25mg (12.37%), Manganese: 0.22mg (10.75%), Copper: 0.18mg (8.88%), Vitamin B5: 0.88mg (8.84%), Vitamin B3: 1.63mg (8.13%), Magnesium: 29.9mg (7.48%), Phosphorus: 59.36mg (5.94%), Vitamin B1: 0.09mg (5.81%), Vitamin B2: 0.1mg (5.76%), Iron: 0.77mg (4.29%), Zinc: 0.56mg (3.73%), Calcium: 25.29mg (2.53%)