



Café Azul Tomatillo-Avocado Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



63 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 lb firm-ripe avocado diced peeled
- ☐ 0.3 pound jalapeño chilies fresh stemmed rinsed halved seeded
- ☐ 0.5 cup lightly cilantro fresh packed
- ☐ 2 cloves garlic peeled
- ☐ 1.5 tablespoons juice of lime
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion minced
- ☐ 10 servings salt

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0.3 pound tomatillos husked rinsed quartered

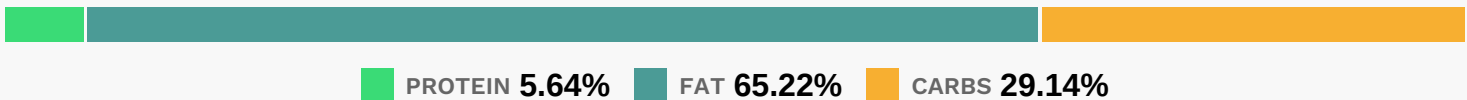
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender

Directions

- ☐ In a blender or food processor, whirl tomatillos, chilies, garlic, and cilantro until coarsely pured.
- ☐ Pour into a bowl.
- ☐ Stir in olive oil, avocado, and onion.
- ☐ Add lime juice and salt to taste.

Nutrition Facts



Properties

Glycemic Index:17.4, Glycemic Load:0.76, Inflammation Score:-4, Nutrition Score:4.7147826345071%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 62.88kcal (3.14%), Fat: 4.95g (7.62%), Saturated Fat: 0.71g (4.41%), Carbohydrates: 4.98g (1.66%), Net Carbohydrates: 2.82g (1.03%), Sugar: 1.74g (1.93%), Cholesterol: 0mg (0%), Sodium: 197.41mg (8.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.93%), Vitamin C: 22mg (26.67%), Vitamin K: 11.26µg (10.72%), Fiber: 2.16g (8.63%), Vitamin B6: 0.14mg (7.16%), Folate: 24.3µg (6.07%), Potassium: 207.97mg (5.94%), Vitamin E: 0.83mg (5.56%), Manganese: 0.1mg (5.06%), Vitamin A: 213.63IU (4.27%), Vitamin B3: 0.84mg (4.2%), Copper:

0.08mg (3.86%), Vitamin B5: 0.38mg (3.81%), Magnesium: 13.55mg (3.39%), Vitamin B2: 0.05mg (2.88%),
Phosphorus: 26.5mg (2.65%), Vitamin B1: 0.04mg (2.4%), Iron: 0.39mg (2.16%), Zinc: 0.23mg (1.57%)