



Chipotle-Avocado Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 avocado ripe coarsely chopped
- ☐ 1 teaspoons chipotles in adobo minced
- ☐ 6 garlic clove peeled
- ☐ 8 servings salt
- ☐ 12 tomatillos

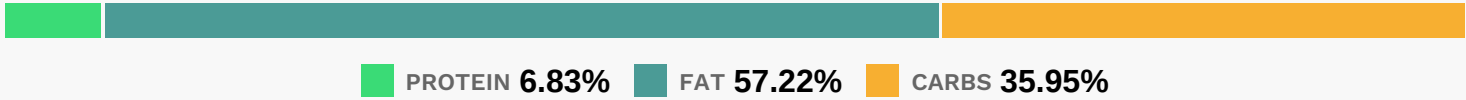
Equipment

- ☐ baking sheet
- ☐ blender

Directions

- ☐ Roast tomatillos and garlic on a baking sheet at 500 for 15 to 20 minutes or until lightly browned on all sides.
- ☐ Puree tomatillos, garlic, and chipotle in a blender.
- ☐ Add avocado, and puree until smooth. Salt to taste.

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:0.39, Inflammation Score:-2, Nutrition Score:4.491304397583%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 60.29kcal (3.01%), Fat: 4.22g (6.5%), Saturated Fat: 0.61g (3.8%), Carbohydrates: 5.97g (1.99%), Net Carbohydrates: 3.21g (1.17%), Sugar: 2.23g (2.48%), Cholesterol: 0mg (0%), Sodium: 196.45mg (8.54%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.14g (2.27%), Vitamin C: 9.18mg (11.13%), Fiber: 2.76g (11.05%), Vitamin K: 10.47µg (9.97%), Potassium: 267.6mg (7.65%), Manganese: 0.15mg (7.59%), Vitamin B3: 1.4mg (6.98%), Vitamin B6: 0.12mg (6.05%), Folate: 23.99µg (6%), Vitamin E: 0.72mg (4.77%), Copper: 0.09mg (4.75%), Magnesium: 18.05mg (4.51%), Vitamin B5: 0.44mg (4.39%), Phosphorus: 36.4mg (3.64%), Vitamin B2: 0.05mg (3.12%), Vitamin B1: 0.04mg (2.92%), Iron: 0.51mg (2.83%), Zinc: 0.3mg (2%), Vitamin A: 95.06IU (1.9%), Calcium: 10.78mg (1.08%)