



WHATSheATE



Cilantro Lime Yucca Chips With Guacamole



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



32 min.

SERVINGS



12

CALORIES



157 kcal

SIDE DISH

Ingredients

- ☐ 3 medium avocados diced
- ☐ 1 bunch cilantro leaves chopped
- ☐ 3 juice of lime divided
- ☐ 2 tablespoon olive oil
- ☐ 12 servings salt and pepper to taste
- ☐ 1 large yucca root peeled sliced

Equipment

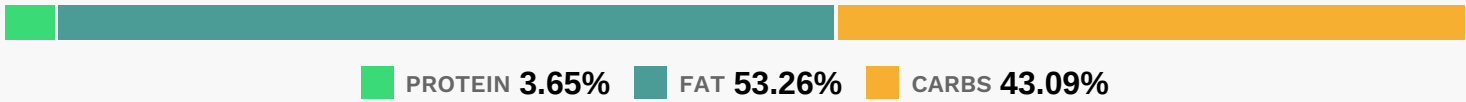
- ☐ bowl

- ☐ baking sheet
- ☐ oven

Directions

- ☐ In a large bowl, toss yucca, olive oil, half of the cilantro and the juice of one lime. Season chips with salt and pepper. Coat a baking sheet with nonstick spray, then lay yucca slices flat on a baking sheet.
- ☐ Bake for 4 to 6 minutes per side, or until golden brown.
- ☐ In a medium bowl, mix diced avocado with remaining cilantro and lime juice; season with salt and pepper and mash to your favorite consistency - I like mine chunky. Save those avocado shells to use as a serving "bowl."

Nutrition Facts



Properties

Glycemic Index:11.1, Glycemic Load:7.92, Inflammation Score:-3, Nutrition Score:6.3913043530091%

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: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 157.46kcal (7.87%), Fat: 9.82g (15.11%), Saturated Fat: 1.42g (8.86%), Carbohydrates: 17.88g (5.96%), Net Carbohydrates: 13.86g (5.04%), Sugar: 1.04g (1.16%), Cholesterol: 0mg (0%), Sodium: 202.57mg (8.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.51g (3.03%), Vitamin C: 14.46mg (17.53%), Fiber: 4.03g (16.11%), Vitamin K: 14.71µg (14.01%), Folate: 51.05µg (12.76%), Manganese: 0.21mg (10.33%), Potassium: 348.16mg (9.95%), Vitamin E: 1.47mg (9.83%), Vitamin B6: 0.16mg (8.15%), Vitamin B5: 0.75mg (7.47%), Copper: 0.13mg (6.66%), Vitamin B3: 1.18mg (5.91%), Magnesium: 22.49mg (5.62%), Vitamin B2: 0.08mg (4.93%), Vitamin B1: 0.07mg (4.37%), Phosphorus: 36.68mg (3.67%), Zinc: 0.45mg (2.98%), Vitamin A: 126.52IU (2.53%), Iron: 0.4mg (2.23%), Calcium: 13.11mg (1.31%)