



Dani's Green Monster Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



10

CALORIES



40 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 avocado pitted peeled cut into large chunks
- 0.3 bunch cilantro leaves chopped
- 1 pinch ground pepper black
- 2 jalapeño peppers fresh
- 0.5 juice of lime juiced
- 0.3 onion chopped
- 10 servings salt to taste
- 5 tomatillos fresh

0.3 cup water

Equipment

sauce pan

blender

Directions

Bring a saucepan of water to a boil. Cook tomatillos at a boil until just beginning to soften, 3 to 4 minutes; transfer tomatillos to a blender.

Combine jalapeno peppers, cilantro, onion, avocado, water, lime juice, and black pepper in the blender with the tomatillos; blend until smooth and creamy. Season with salt to serve.

Nutrition Facts



PROTEIN 5.76% **FAT 64.33%** **CARBS 29.91%**

Properties

Glycemic Index:16.3, Glycemic Load:0.24, Inflammation Score:-2, Nutrition Score:2.9221738823082%

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: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 39.97kcal (2%), Fat: 3.14g (4.84%), Saturated Fat: 0.46g (2.85%), Carbohydrates: 3.29g (1.1%), Net Carbohydrates: 1.48g (0.54%), Sugar: 1.06g (1.18%), Cholesterol: 0mg (0%), Sodium: 196.11mg (8.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.27%), Vitamin C: 8.05mg (9.75%), Fiber: 1.81g (7.24%), Vitamin K: 7.32µg (6.97%), Folate: 19.07µg (4.77%), Potassium: 157.32mg (4.49%), Vitamin E: 0.59mg (3.94%), Vitamin B6: 0.08mg (3.86%), Vitamin B3: 0.71mg (3.54%), Vitamin B5: 0.32mg (3.2%), Manganese: 0.06mg (3.2%), Copper: 0.06mg (2.83%), Magnesium: 10.21mg (2.55%), Vitamin B2: 0.04mg (2.09%), Vitamin A: 97.76IU (1.96%), Phosphorus: 18.96mg (1.9%), Vitamin B1: 0.02mg (1.59%), Iron: 0.24mg (1.32%), Zinc: 0.18mg (1.19%)