



Green Avocado Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 avocado pitted peeled
- ☐ 0.3 teaspoon pepper black
- ☐ 1 cup cilantro leaves fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 4 medium jalapeño peppers fresh finely minced deveined seeded
- ☐ 0.8 cup onion chopped
- ☐ 0.5 pound tomatillos husked chopped
- ☐ 0.3 cup water

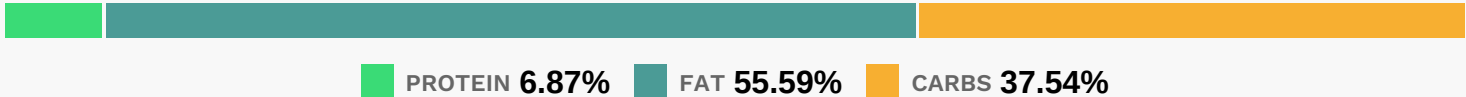
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender

Directions

- ☐ Place the water, pepper, onion, garlic, jalapenos, cilantro, avocado, and tomatillos in a blender, or the bowl of a food processor. Puree or process to desired consistency, adding more water as needed.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:24.13, Glycemic Load:0.69, Inflammation Score:-4, Nutrition Score:5.2365216794221%

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 Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg

Nutrients (% of daily need)

Calories: 59.6kcal (2.98%), Fat: 4.04g (6.22%), Saturated Fat: 0.59g (3.68%), Carbohydrates: 6.14g (2.05%), Net Carbohydrates: 3.37g (1.23%), Sugar: 2.23g (2.48%), Cholesterol: 0mg (0%), Sodium: 4.47mg (0.19%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.12g (2.25%), Vitamin C: 16.13mg (19.55%), Vitamin K: 15.82µg (15.06%), Fiber: 2.77g (11.07%), Vitamin B6: 0.14mg (7.24%), Potassium: 252.85mg (7.22%), Folate: 28.36µg (7.09%), Manganese: 0.14mg (7.02%), Vitamin E: 0.93mg (6.22%), Vitamin A: 280.16IU (5.6%), Vitamin B3: 1.1mg (5.5%), Vitamin B5: 0.45mg (4.51%), Copper: 0.09mg (4.47%), Magnesium: 16.51mg (4.13%), Phosphorus: 33.07mg (3.31%), Vitamin B2: 0.06mg (3.3%), Vitamin B1: 0.04mg (2.84%), Iron: 0.42mg (2.35%), Zinc: 0.28mg (1.89%), Calcium: 13.24mg (1.32%)