



Grilled Jalapeño Guacamole



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



20

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 but avocados firm pitted ripe peeled chopped
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 clove garlic minced
- ☐ 2 jalapeños
- ☐ 0.3 cup juice of lime
- ☐ 1 slice onion red 1-inch-thick
- ☐ 20 servings salt and pepper
- ☐ 2 tomatillos husked

☐ 1 tablespoon vegetable oil

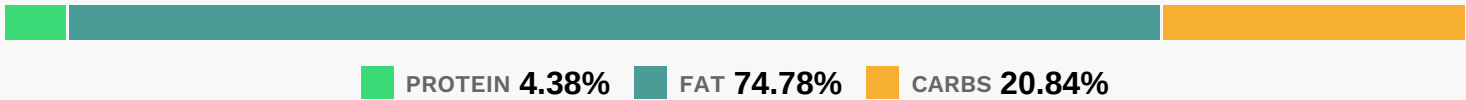
Equipment

- ☐ food processor
- ☐ bowl
- ☐ plastic wrap
- ☐ grill
- ☐ metal skewers

Directions

- ☐ Preheat grill to medium. Insert a metal skewer through center of onion slice so it will lay flat.
- ☐ Brush onion, tomatillos and jalapeos with oil; sprinkle with salt and pepper. Grill onion for 6 minutes, turning once. Grill tomatillos, turning often, until just beginning to char, 4 to 6 minutes. Grill jalapeos, turning frequently, until blackened, 8 to 10 minutes.
- ☐ Place jalapeos in a bowl, cover with plastic wrap and let steam for 10 minutes. Allow other vegetables to cool.
- ☐ Roughly chop onion. Core and chop tomatillos. With your fingers, peel charred skin off jalapeos; remove and discard seeds; chop flesh.
- ☐ Pulse avocados, garlic and grilled vegetables in a food processor until chunky.
- ☐ Add lime juice and cilantro; season with salt and pepper. Pulse until just combined.
- ☐ Transfer to serving bowl.
- ☐ Serve with chips and crudits, if desired.

Nutrition Facts



Properties

Glycemic Index:8.05, Glycemic Load:0.27, Inflammation Score:-2, Nutrition Score:3.0717391397642%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 57.01kcal (2.85%), Fat: 5.16g (7.93%), Saturated Fat: 0.75g (4.7%), Carbohydrates: 3.23g (1.08%), Net Carbohydrates: 1.08g (0.39%), Sugar: 0.47g (0.53%), Cholesterol: 0mg (0%), Sodium: 196.11mg (8.53%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.68g (1.36%), Fiber: 2.15g (8.61%), Vitamin K: 8.33µg (7.94%), Vitamin C: 6.09mg (7.38%), Folate: 25.5µg (6.38%), Vitamin E: 0.75mg (5%), Potassium: 164.22mg (4.69%), Vitamin B6: 0.09mg (4.46%), Vitamin B5: 0.43mg (4.34%), Copper: 0.06mg (3.12%), Vitamin B3: 0.61mg (3.06%), Manganese: 0.05mg (2.7%), Magnesium: 10mg (2.5%), Vitamin B2: 0.04mg (2.48%), Phosphorus: 18.24mg (1.82%), Vitamin B1: 0.02mg (1.58%), Zinc: 0.21mg (1.39%), Vitamin A: 67.23IU (1.34%), Iron: 0.2mg (1.11%)