



Grilled Tortilla Chips with Grilled Tomatillo Guacamole



Vegetarian



Vegan



Dairy Free



Popular

READY IN



26 min.

SERVINGS



8

CALORIES



159 kcal

SIDE DISH

Ingredients

- ☐ 3 medium avocados ripe peeled halved seeded
- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 teaspoon chile powder
- ☐ 0.5 teaspoon coarse salt
- ☐ 2 teaspoons olive oil extra virgin
- ☐ 2 flour tortillas soft
- ☐ 2 tablespoons cilantro leaves fresh chopped

- ☐ 0.3 teaspoon garlic powder
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 jalapeño seeded finely chopped
- ☐ 1 tablespoon juice of lime freshly squeezed
- ☐ 0.3 cup onion red chopped
- ☐ 0.1 teaspoon salt
- ☐ 2 tomatillos

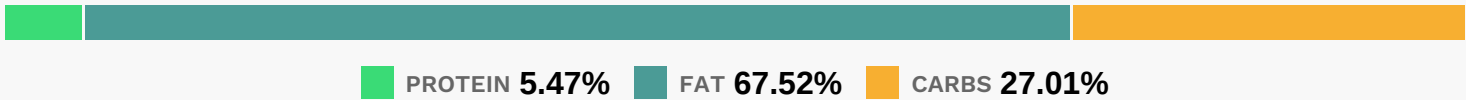
Equipment

- ☐ bowl
- ☐ knife
- ☐ grill
- ☐ pizza cutter
- ☐ panini press

Directions

- ☐ Preheat the panini grill to high heat.In a small bowl, combine the olive oil, chile powder, garlic powder and salt.With a pizza cutter or a sharp knife, divide each tortilla into 8 equal triangles.
- ☐ Brush each triangle with the seasoned oil on both sides – be sure all those good seasonings make it onto the chip.Grill the triangles, with the lid closed completely, until they’re browned and crisped, about 90 seconds for flour tortillas or 2 minutes for corn tortillas.
- ☐ Serve them warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:25.88, Glycemic Load:1.85, Inflammation Score:-4, Nutrition Score:8.1491303754889%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 159.14kcal (7.96%), Fat: 12.82g (19.73%), Saturated Fat: 1.98g (12.4%), Carbohydrates: 11.54g (3.85%), Net Carbohydrates: 5.87g (2.13%), Sugar: 1.4g (1.56%), Cholesterol: 0mg (0%), Sodium: 244.9mg (10.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.34g (4.68%), Fiber: 5.67g (22.7%), Vitamin K: 18.57µg (17.69%), Folate: 70.24µg (17.56%), Vitamin C: 10.54mg (12.78%), Vitamin E: 1.83mg (12.19%), Potassium: 416.58mg (11.9%), Vitamin B6: 0.22mg (10.92%), Vitamin B5: 1.09mg (10.86%), Vitamin B3: 1.84mg (9.21%), Manganese: 0.18mg (9.04%), Copper: 0.16mg (8.23%), Vitamin B2: 0.13mg (7.43%), Magnesium: 26.84mg (6.71%), Vitamin B1: 0.1mg (6.45%), Phosphorus: 61.43mg (6.14%), Iron: 0.88mg (4.88%), Zinc: 0.57mg (3.79%), Vitamin A: 175.95IU (3.52%), Selenium: 2.1µg (3.01%), Calcium: 24.22mg (2.42%)