



Guacamole

 **Gluten Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



3

CALORIES



369 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 avocado ripe
- 2 tablespoons cilantro leaves fresh finely chopped
- 1 clove garlic with the flat side of the knife minced
- 1 pasilla de oaxaca dried smoked hot seeded drained finely chopped for 30 minutes to soften, , and
- 1 medium poblano pepper fresh peeled seeded chopped
- 1 small onion red minced
- 3 servings salt
- 3 medium tomatoes peeled seeded chopped

Equipment

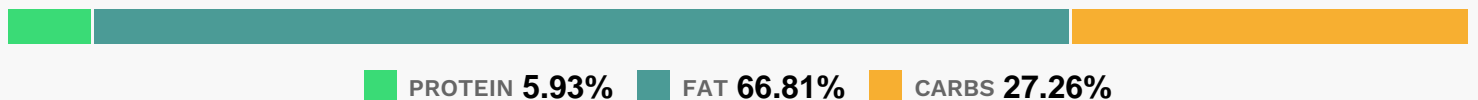
- bowl
- sieve
- colander

Directions

- Season the tomatoes with salt and place in a large strainer or colander to drain.
- Let drain for 2 hours or overnight.
- In a bowl, combine the tomatoes, onion, garlic, and all the chiles. This is best done a couple of hours ahead of time, so the flavors of the chiles meld with one another and the tomatoes.
- Shortly before serving, halve, pit, and peel the avocados and then chop them medium-coarse.
- Add the avocados and cilantro to the tomato mixture, season with salt, and stir to mix.
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Published by Ten Speed Press, a division of Random House, Inc. JAMES PETERSON is an award-winning food writer, cookbook author, photographer, and cooking teacher whose career began as a young restaurant cook in Paris in the 1970s. In the early 1980s, Peterson practiced his traditional French training as a chef-partner for a Greenwich Village restaurant called le Petit Robert. a cooking teacher for over two decades since, Peterson has taught at Peter Kump's new york cooking School and at the French culinary Institute. after translating a series of French pastry books from French to English, Peterson was encouraged to write his own book. he is now the author of thirteen books, including Sauces, his first book, which became an instant classic and received the 1991 James Beard cookbook of the year award. his articles and recipes have appeared in national magazines and newspapers. a self-taught food photographer, Peterson also creates the photography for his books. James Peterson cooks, writes, and photographs from Brooklyn, New York.

Nutrition Facts



Properties

Glycemic Index:59, Glycemic Load:3.7, Inflammation Score:-9, Nutrition Score:25.80956503101%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Luteolin: 1.88mg, Luteolin: 1.88mg, Luteolin: 1.88mg, Luteolin: 1.88mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 9.19mg, Quercetin: 9.19mg, Quercetin: 9.19mg, Quercetin: 9.19mg

Nutrients (% of daily need)

Calories: 369.08kcal (18.45%), Fat: 30g (46.15%), Saturated Fat: 4.43g (27.67%), Carbohydrates: 27.55g (9.18%), Net Carbohydrates: 11.28g (4.1%), Sugar: 7.08g (7.87%), Cholesterol: 0.12mg (0.04%), Sodium: 219.94mg (9.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.99g (11.98%), Vitamin C: 71.94mg (87.2%), Fiber: 16.27g (65.08%), Vitamin K: 55.85µg (53.19%), Folate: 192.39µg (48.1%), Potassium: 1394.75mg (39.85%), Vitamin B6: 0.76mg (38.03%), Vitamin E: 4.99mg (33.24%), Vitamin B5: 2.99mg (29.93%), Vitamin A: 1483.7IU (29.67%), Manganese: 0.54mg (26.98%), Copper: 0.5mg (24.93%), Vitamin B3: 4.47mg (22.35%), Magnesium: 79.78mg (19.94%), Vitamin B2: 0.31mg (18.07%), Phosphorus: 154.26mg (15.43%), Vitamin B1: 0.22mg (14.79%), Zinc: 1.62mg (10.82%), Iron: 1.67mg (9.29%), Calcium: 51.11mg (5.11%), Selenium: 1.13µg (1.62%)