



Guacamole Taquero: Taco-Shop Guacamole



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 large epazote leaves fresh ()
- ☐ 2 small garlic cloves peeled coarsely chopped
- ☐ 1 small mexican hass avocado pitted ripe halved
- ☐ 2 jalapeño chiles fresh coarsely chopped to taste
- ☐ 1 tablespoon juice of lime freshly squeezed to taste
- ☐ 0.5 teaspoon salt fine
- ☐ 0.5 pound tomatillos husked rinsed coarsely chopped (5 or 6)
- ☐ 0.3 cup onion white coarsely chopped

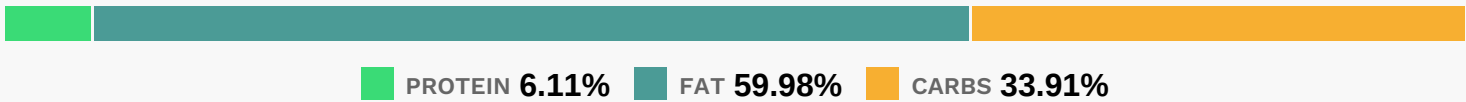
Equipment

- ☐ blender
- ☐ plastic wrap
- ☐ wooden spoon

Directions

- ☐ Put the tomatillos into the blender jar first, then add the epazote, garlic, onion, chiles, lime juice, and salt. Blend until very smooth, at least a minute (be patient; see note below). Scoop the avocado flesh with a spoon into the blender jar and blend until smooth.
- ☐ Add a little water, if necessary, to achieve a pourable texture. Season to taste with additional chile, lime juice, and salt, and blend once more.
- ☐ This salsa tastes best the day it's made, but the acidity from the tomatillos will keep it from discoloring as quickly as most guacamoles. It'll still be delicious the next day if you store it in the refrigerator with a piece of plastic wrap pressed against the surface.
- ☐ Let it come to room temperature before you serve it.
- ☐ Note: Blending Stubborn Tomatillos
- ☐ It takes a minute or so for the blades of the blender jar to catch raw chopped tomatillos. Once they do, all the ingredients will be pulled toward them. Be patient, and do not add any water. If the tomatillos don't liquidize after a minute or so, stop the blender, prod them with a wooden spoon, and try to blend again.
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Nutrition Facts



Properties

Glycemic Index:16.13, Glycemic Load:0.4, Inflammation Score:-3, Nutrition Score:4.0834782460461%

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 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: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 54.11kcal (2.71%), Fat: 4.01g (6.17%), Saturated Fat: 0.58g (3.63%), Carbohydrates: 5.1g (1.7%), Net Carbohydrates: 2.64g (0.96%), Sugar: 1.68g (1.86%), Cholesterol: 0mg (0%), Sodium: 148.18mg (6.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.92g (1.84%), Vitamin C: 11.17mg (13.54%), Fiber: 2.46g (9.83%), Vitamin K: 8.83µg (8.41%), Potassium: 223.79mg (6.39%), Manganese: 0.13mg (6.27%), Folate: 24.85µg (6.21%), Vitamin B6: 0.11mg (5.63%), Vitamin B3: 1.02mg (5.12%), Vitamin E: 0.76mg (5.06%), Vitamin B5: 0.42mg (4.15%), Copper: 0.08mg (3.9%), Magnesium: 15.23mg (3.81%), Vitamin B2: 0.05mg (2.93%), Phosphorus: 28.54mg (2.85%), Vitamin B1: 0.04mg (2.33%), Vitamin A: 108.26IU (2.17%), Iron: 0.36mg (2.02%), Zinc: 0.26mg (1.7%), Calcium: 10.34mg (1.03%)