



Guacamole Taquero (Tomatillo Guacamole)

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 medium avocado pitted ripe halved
- 6 large cilantro leaves fresh
- 2 medium garlic clove peeled smashed
- 1 teaspoon kosher salt as needed plus more
- 1 tablespoon juice of lime as needed freshly squeezed plus more
- 2 medium serrano chiles stemmed coarsely chopped
- 8 ounces tomatillos rinsed quartered (4 medium)
- 0.3 medium onion white coarsely chopped

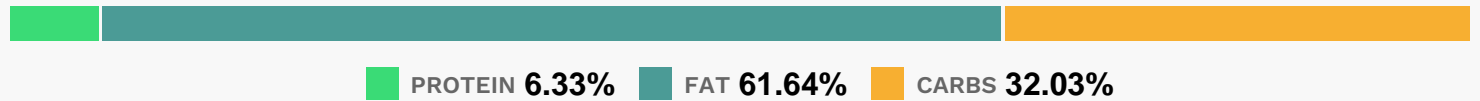
Equipment

- blender
- plastic wrap

Directions

- Place all of the ingredients except the avocado in a blender and blend until very smooth, about 1 minute. Turn off the blender. Scoop the avocado flesh into the blender and blend until smooth. Taste and season with additional lime juice and salt as needed.
- Serve immediately or place a sheet of plastic wrap directly on the surface of the guacamole and refrigerate for up to 2 hours. (The plastic wrap will keep the surface of the guacamole from turning brown.)

Nutrition Facts



Properties

Glycemic Index:16.13, Glycemic Load:0.33, Inflammation Score:-3, Nutrition Score:4.0339130448258%

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 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: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg

Nutrients (% of daily need)

Calories: 53.06kcal (2.65%), Fat: 4.01g (6.16%), Saturated Fat: 0.58g (3.61%), Carbohydrates: 4.68g (1.56%), Net Carbohydrates: 2.28g (0.83%), Sugar: 1.54g (1.71%), Cholesterol: 0mg (0%), Sodium: 293.87mg (12.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.93g (1.85%), Vitamin K: 13µg (12.39%), Vitamin C: 7.96mg (9.65%), Fiber: 2.4g (9.6%), Potassium: 220.5mg (6.3%), Folate: 24.47µg (6.12%), Manganese: 0.11mg (5.32%), Vitamin B6: 0.1mg (5.22%), Vitamin B3: 1.01mg (5.07%), Vitamin E: 0.68mg (4.54%), Vitamin B5: 0.41mg (4.14%), Copper: 0.08mg

(3.99%), Vitamin A: 185.35IU (3.71%), Magnesium: 14.36mg (3.59%), Vitamin B2: 0.05mg (2.84%), Phosphorus: 27.85mg (2.78%), Vitamin B1: 0.03mg (2.31%), Iron: 0.38mg (2.1%), Zinc: 0.25mg (1.68%)