



Guacamole with Bacon, Grilled Ramps (or Green Onions) and Roasted Tomatillos



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



622 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



3 medium avocado ripe



4 ounces bacon thick



4 large chives wild (spring leeks)



2 tablespoons cilantro leaves fresh chopped for garnish



2 tablespoons juice of lime fresh



3 servings salt



1 large jalapeno fresh stemmed

- ☐ 4 medium tomatillos husked rinsed cut in half crosswise (8 ounces total)
- ☐ 3 servings vegetable oil

Equipment

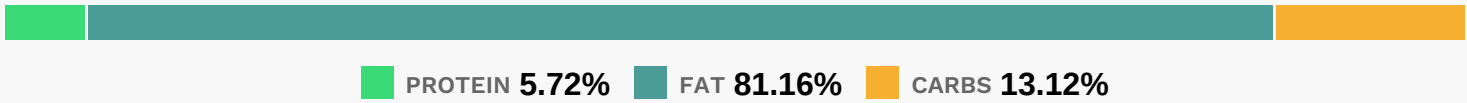
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ knife
- ☐ plastic wrap
- ☐ baking pan
- ☐ potato masher
- ☐ grill

Directions

- ☐ Heat a gas grill to medium or light a charcoal grill and let it burn until the coals are medium-hot and covered with gray ash.
- ☐ Lay the halved tomatillos cut side down on a rimmed baking sheet or metal baking pan and slide onto the grill.
- ☐ Brush the ramps (or green onions or garlic chives) with oil.
- ☐ Lay them directly on the grill, along with the chile (no oil needed). Grill the ramps (or their stand-ins) and the chile, turning occasionally, until soft and richly browned—the ramps will take 4 to 5 minutes, the chile about 1
- ☐ Cook the tomatillos about 3 to 4 minutes, until soft and browned on one side, then flip them over and cook the other side. Cool everything. Finely chop the ramps (etc.) and chile, then scrape into a large bowl. Chop the tomatillo into small pieces and scrape them in with the ramps, then scrape in any juice that remains on the baking sheet.
- ☐ While the grilled vegetables are cooling, cook the bacon in a single layer in a large skillet over medium heat, turning every once in a while, until browned and crispy, about 10 minutes.
- ☐ Drain on paper towels, then chop into small pieces.

- ☐ Cut the avocados in half, running a knife around the pit from top to bottom and back up again. Twist the halves in opposite directions to release the pit from one side of each avocado.
- ☐ Remove the pit, then scoop the flesh from each half into the bowl with the tomatillos. With an old-fashioned potato masher, a large fork or the back of a large spoon, coarsely mash the avocado with the tomatillo mixture. Stir in the lime juice, cilantro and half of the bacon. Taste and season with salt, usually about 1 teaspoon. Cover with plastic wrap pressed directly on the surface of the guacamole and refrigerate until you're ready to serve.
- ☐ When that time comes, scrape the guacamole into a serving dish and sprinkle with the remaining bacon.
- ☐ Garnish with cilantro leaves.
- ☐ Ramps are only available in the spring and only in certain parts of the United States; if yours is the area, you'll probably only find them at farmers' markets or specialty shops. Garlic chives (they look like chives but are flat, with a definite garlic aroma) are typically in abundance in Asian markets; they're perennial and easy to grow, which is what I do. I love them sautéed or grilled for their sweet, green garlicky flavor. Green onions are easy to find everywhere, every day.

Nutrition Facts



Properties

Glycemic Index:49.67, Glycemic Load:1.54, Inflammation Score:-7, Nutrition Score:23.814347754354%

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 Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 621.8kcal (31.09%), Fat: 59.05g (90.84%), Saturated Fat: 11.51g (71.95%), Carbohydrates: 21.49g (7.16%), Net Carbohydrates: 6.95g (2.53%), Sugar: 3.5g (3.88%), Cholesterol: 24.95mg (8.32%), Sodium: 459.05mg (19.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.36g (18.72%), Vitamin K: 77.12µg (73.45%), Fiber:

14.54g (58.16%), Folate: 169.81µg (42.45%), Vitamin C: 34.79mg (42.16%), Vitamin E: 5.84mg (38.93%), Potassium: 1199.84mg (34.28%), Vitamin B6: 0.67mg (33.4%), Vitamin B5: 3.1mg (31.03%), Vitamin B3: 5.94mg (29.71%), Copper: 0.44mg (22.06%), Manganese: 0.37mg (18.59%), Magnesium: 74.03mg (18.51%), Vitamin B2: 0.31mg (18.5%), Phosphorus: 180.15mg (18.01%), Vitamin B1: 0.26mg (17.64%), Selenium: 8.67µg (12.39%), Zinc: 1.86mg (12.37%), Vitamin A: 490.47IU (9.81%), Iron: 1.59mg (8.85%), Calcium: 32.67mg (3.27%), Vitamin B12: 0.19µg (3.15%), Vitamin D: 0.15µg (1.01%)