



Guacamole with Chipotle Tortilla Chips



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 avocados ripe peeled mashed seeded
- ☐ 0.5 teaspoon chipotle chile powder (such as McCormick)
- ☐ 8 6-inch corn tortillas ()
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 2 jalapeño peppers seeded finely chopped
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.3 cup onion chopped

- ☐ 0.3 cup plum tomatoes chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.8 teaspoon salt
- ☐ 3 tomatillos

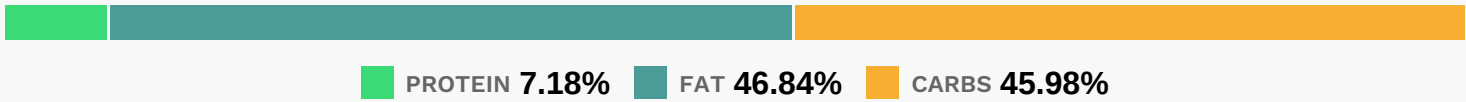
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 37
- ☐ To prepare chips, cut each tortilla into 8 wedges; arrange tortilla wedges in a single layer on 2 baking sheets coated with cooking spray.
- ☐ Sprinkle wedges with 1/2 teaspoon salt and chile powder; lightly coat wedges with cooking spray.
- ☐ Bake at 375 for 12 minutes or until wedges are crisp and lightly browned. Cool 10 minutes.
- ☐ To prepare guacamole, peel papery husk from tomatillos; wash, core, and finely chop.
- ☐ Combine tomatillos, onion, and remaining ingredients; stir well.
- ☐ Serve guacamole with chips.

Nutrition Facts



Properties

Glycemic Index:15.59, Glycemic Load:2.86, Inflammation Score:-2, Nutrition Score:3.9156522232553%

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: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg

Naringenin: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg 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: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 74.35kcal (3.72%), Fat: 4.16g (6.4%), Saturated Fat: 0.61g (3.81%), Carbohydrates: 9.18g (3.06%), Net Carbohydrates: 6.34g (2.31%), Sugar: 0.96g (1.06%), Cholesterol: 0mg (0%), Sodium: 190mg (8.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.87%), Fiber: 2.84g (11.37%), Vitamin C: 6.62mg (8.02%), Vitamin K: 6.89µg (6.56%), Phosphorus: 59.43mg (5.94%), Folate: 23.44µg (5.86%), Vitamin B6: 0.11mg (5.73%), Potassium: 186.29mg (5.32%), Manganese: 0.1mg (5.18%), Magnesium: 19.21mg (4.8%), Vitamin E: 0.67mg (4.5%), Vitamin B3: 0.81mg (4.05%), Copper: 0.08mg (3.95%), Vitamin B5: 0.39mg (3.89%), Vitamin B2: 0.05mg (2.76%), Zinc: 0.37mg (2.44%), Vitamin B1: 0.04mg (2.44%), Vitamin A: 109.75IU (2.19%), Iron: 0.37mg (2.05%), Calcium: 16.09mg (1.61%), Selenium: 0.98µg (1.4%)