



WHATSheATE



HEALTH SCORE

97%

Guacamole with Roasted Tomatillos



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



421 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 pounds avocado pitted peeled coarsely chopped (3 large)
- ☐ 0.5 cup cilantro leaves fresh finely chopped
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 tablespoons serrano chiles minced seeded
- ☐ 1.3 pounds tomatillos husked rinsed
- ☐ 0.5 cup onion white finely chopped

Equipment

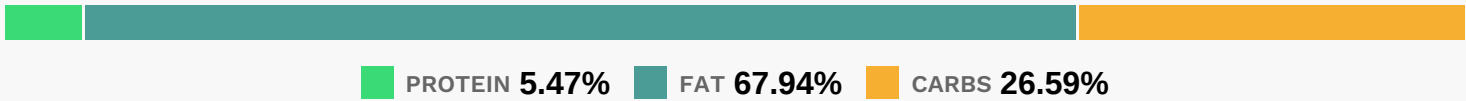
- ☐ bowl

- ☐ baking sheet
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat broiler. Line rimmed baking sheet with foil.
- ☐ Place tomatillos on prepared baking sheet. Broil until tomatillos are just blackened in spots and tender, about 8 minutes per side.
- ☐ Combine onion, cilantro, chiles, and lime juice in large bowl.
- ☐ Add roasted tomatillos and any juices from baking sheet to onion mixture. Using fork, mash coarsely.
- ☐ Add avocados and mash with fork until mixture is very coarsely pureed and some chunks remain. Season guacamole to taste with salt. (Can be made 4 hours ahead. Cover and chill.)

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:2.08, Inflammation Score:-8, Nutrition Score:26.739565154781%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg

Nutrients (% of daily need)

Calories: 420.93kcal (21.05%), Fat: 34.85g (53.62%), Saturated Fat: 5.04g (31.51%), Carbohydrates: 30.69g (10.23%), Net Carbohydrates: 12.1g (4.4%), Sugar: 8.34g (9.27%), Cholesterol: 0mg (0%), Sodium: 19.9mg (0.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.32g (12.64%), Fiber: 18.59g (74.35%), Vitamin K: 69.14µg

(65.85%), Vitamin C: 46.85mg (56.79%), Folate: 201.12µg (50.28%), Potassium: 1550.79mg (44.31%), Vitamin B6: 0.73mg (36.47%), Vitamin E: 5.35mg (35.7%), Vitamin B5: 3.42mg (34.23%), Vitamin B3: 6.74mg (33.69%), Manganese: 0.59mg (29.42%), Copper: 0.57mg (28.34%), Magnesium: 98.87mg (24.72%), Vitamin B2: 0.36mg (21.19%), Phosphorus: 183.98mg (18.4%), Vitamin B1: 0.23mg (15.38%), Vitamin A: 701.1IU (14.02%), Iron: 2.27mg (12.63%), Zinc: 1.83mg (12.22%), Calcium: 44.94mg (4.49%), Selenium: 1.77µg (2.53%)