



Guasacaca Sauce

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



10

CALORIES



130 kcal

SAUCE

Ingredients

- 0.5 cup canola oil
- 0.5 cup cilantro leaves fresh chopped
- 1 tablespoon garlic chopped
- 0.5 cup bell peppers green chopped
- 3 small to 4 hass avocados pitted ripe (do not discard the pits)
- 2 tablespoons hot sauce
- 1 tablespoon juice of lemon freshly squeezed
- 1 tablespoon salt

- 2 tablespoons serrano peppers chopped
- 0.5 tablespoon sugar
- 1 tablespoon vinegar white
- 1 tablespoon worcestershire sauce
- 2 tablespoons mustard yellow
- 0.5 cup onions yellow chopped
- 10 servings empanadas for serving
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Equipment

- bowl
- immersion blender

Directions

- Add the cilantro, oil, onions, bell peppers, hot sauce, mustard, serrano peppers, garlic, lemon juice, salt, vinegar, Worcestershire sauce and sugar to a bowl and mix with an immersion blender until the ingredients are combined but the sauce is still chunky. In a separate bowl, mash the avocados.
- Add to the sauce and gently combine the ingredients well.
- Serve immediately with empanadas, or transfer to an airtight container with the avocado pits, to slow down oxidation of the avocados.

Nutrition Facts



PROTEIN 4.65% **FAT 72.56%** **CARBS 22.79%**

Properties

Glycemic Index:29.11, Glycemic Load:1.13, Inflammation Score:-4, Nutrition Score:7.1382608258206%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.07mg, Eriodictyol:

0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg

Nutrients (% of daily need)

Calories: 129.65kcal (6.48%), Fat: 11.26g (17.33%), Saturated Fat: 1.47g (9.18%), Carbohydrates: 7.96g (2.65%), Net Carbohydrates: 3.37g (1.22%), Sugar: 1.93g (2.14%), Cholesterol: 0mg (0%), Sodium: 827.08mg (35.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.62g (3.25%), Vitamin C: 17.16mg (20.8%), Fiber: 4.59g (18.37%), Vitamin K: 17.81µg (16.96%), Folate: 53.11µg (13.28%), Vitamin E: 1.73mg (11.52%), Vitamin B6: 0.21mg (10.71%), Potassium: 357.15mg (10.2%), Vitamin B5: 0.88mg (8.84%), Manganese: 0.14mg (7.2%), Copper: 0.14mg (6.89%), Vitamin B3: 1.19mg (5.95%), Vitamin B2: 0.09mg (5.52%), Magnesium: 22.01mg (5.5%), Phosphorus: 42.69mg (4.27%), Vitamin A: 205.3IU (4.11%), Vitamin B1: 0.06mg (4.01%), Iron: 0.59mg (3.25%), Zinc: 0.46mg (3.05%), Selenium: 1.46µg (2.08%), Calcium: 16.67mg (1.67%)