



Guasacaca Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



10

CALORIES



115 kcal

SAUCE

Ingredients

- ☐ 2 avocados ripe peeled seeded
- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 bunch cilantro leaves fresh
- ☐ 0.5 bunch parsley leaves fresh
- ☐ 2 cloves garlic
- ☐ 2 pasilla peppers green deveined seeded roughly chopped
- ☐ 1 cup olive oil
- ☐ 1 medium onion roughly chopped

- ☐ 0.3 cup red wine vinegar
- ☐ 1 tablespoon salt to taste

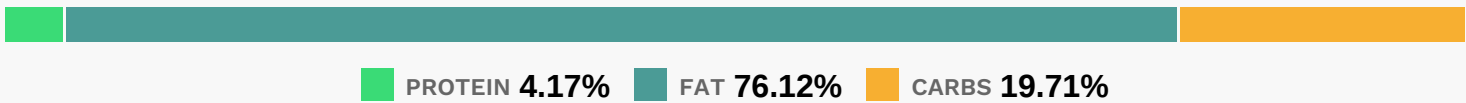
Equipment

- ☐ food processor

Directions

- ☐ Put everything except the olive oil into a food processor and process until mostly smooth.
- ☐ Add the olive oil in a stream with the processor running and process until smooth.
- ☐ Let stand at room temperature for at least 1 hour for the flavors to blend. Taste and adjust seasoning.
- ☐ Serve sauce at room temperature with meats, fish, or vegetable chips. If made in advance, store, covered, in the refrigerator, but bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:20.3, Glycemic Load:0.68, Inflammation Score:-5, Nutrition Score:8.5430434398029%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 6.16mg, Apigenin: 6.16mg, Apigenin: 6.16mg, Apigenin: 6.16mg Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg

Nutrients (% of daily need)

Calories: 115.32kcal (5.77%), Fat: 10.31g (15.86%), Saturated Fat: 1.48g (9.22%), Carbohydrates: 6.01g (2%), Net Carbohydrates: 2.59g (0.94%), Sugar: 1.34g (1.49%), Cholesterol: 0mg (0%), Sodium: 704.23mg (30.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.54%), Vitamin K: 60.92µg (58.02%), Vitamin C: 28.09mg (34.05%), Fiber: 3.42g (13.66%), Vitamin E: 1.58mg (10.51%), Folate: 41.64µg (10.41%), Vitamin B6: 0.18mg (9.03%), Vitamin A: 414.38IU (8.29%), Potassium: 276.92mg (7.91%), Manganese: 0.13mg (6.42%), Vitamin B5: 0.61mg

(6.13%), Copper: 0.11mg (5.27%), Vitamin B3: 0.87mg (4.37%), Magnesium: 17.24mg (4.31%), Vitamin B2: 0.07mg (3.89%), Vitamin B1: 0.05mg (3.3%), Iron: 0.59mg (3.28%), Phosphorus: 32.33mg (3.23%), Zinc: 0.35mg (2.34%), Calcium: 16.2mg (1.62%)