



## Healthy Peruvian Stuffed Avocados



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



90 min.

SERVINGS



4

CALORIES



424 kcal

SIDE DISH

### Ingredients

- ☐ 2 avocados ripe
- ☐ 4 servings cilantro leaves fresh
- ☐ 0.3 cup corn kernels fresh
- ☐ 0.5 jalapeno stemmed seeded
- ☐ 3 tablespoons juice of lime
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.8 cup quinoa
- ☐ 3 tablespoons onion red minced

- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon sugar (or sweetener)
- ☐ 0.3 cup sweet potatoes diced cooked
- ☐ 0.3 cup tomatoes diced
- ☐ 1 cup water

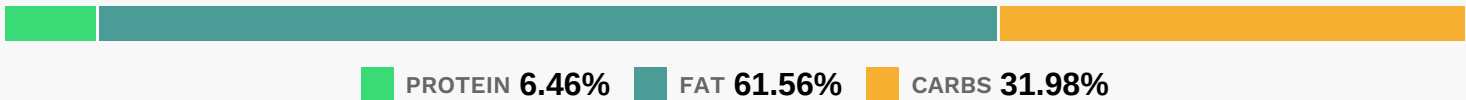
## Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ pot
- ☐ sieve
- ☐ blender

## Directions

- ☐ Bring water to a boil in a small saucepan.Rinse quinoa in a fine mesh sieve and add to pot.Cook, covered, over low heat for 12 minutes.
- ☐ Remove from heat and let stand for 10 minutes, then fluff with a fork and transfer to a medium bowl.
- ☐ Add corn, tomato, yams and onion to bowl and mix well.Puree all dressing ingredients in a small food processor or blender and stir into salad.Cover and chill for at least 1 hour.
- ☐ Cut avocados in half and remove pits.
- ☐ Place avocado halves on 4 small plates and top with quinoa salad.
- ☐ Garnish with cilantro leaves.

## Nutrition Facts



## Properties

Glycemic Index:74.27, Glycemic Load:2.53, Inflammation Score:-9, Nutrition Score:19.037391351617%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg 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: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

## Nutrients (% of daily need)

Calories: 424.25kcal (21.21%), Fat: 30.38g (46.74%), Saturated Fat: 4.27g (26.67%), Carbohydrates: 35.51g (11.84%), Net Carbohydrates: 25.78g (9.38%), Sugar: 3.4g (3.78%), Cholesterol: 0mg (0%), Sodium: 309.57mg (13.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.17g (14.33%), Manganese: 0.85mg (42.61%), Fiber: 9.73g (38.93%), Folate: 149.26µg (37.31%), Vitamin E: 4.97mg (33.14%), Vitamin K: 30.88µg (29.41%), Vitamin A: 1456.39IU (29.13%), Magnesium: 100.93mg (25.23%), Vitamin B6: 0.47mg (23.38%), Vitamin C: 18.17mg (22.03%), Potassium: 770.62mg (22.02%), Phosphorus: 216.39mg (21.64%), Copper: 0.42mg (20.94%), Vitamin B5: 1.81mg (18.11%), Vitamin B2: 0.25mg (14.65%), Vitamin B1: 0.21mg (14.21%), Vitamin B3: 2.54mg (12.72%), Iron: 2.24mg (12.46%), Zinc: 1.75mg (11.63%), Selenium: 3.28µg (4.68%), Calcium: 36.32mg (3.63%)