



HERDEZ® Creamy Tomatillo Avocado Salsa

 Gluten Free

READY IN



5 min.

SERVINGS



12

CALORIES



67 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 avocado pitted ripe peeled
- 1 cup cilantro leaves fresh
- 12 ounce herdez® tomatilla verde mexican cooking sauce
- 0.5 cup non-fat greek yogurt plain

Equipment

- food processor
- blender

Directions

- Place cooking sauce, avocado, yogurt, and cilantro in a blender or food processor and puree till smooth. Cover and refrigerate for an hour or until ready to serve.

Nutrition Facts

PROTEIN 8.7% **FAT 33.52%** **CARBS 57.78%**

Properties

Glycemic Index:6, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:2.1091304136359%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 66.78kcal (3.34%), Fat: 2.53g (3.89%), Saturated Fat: 0.37g (2.29%), Carbohydrates: 9.8g (3.27%), Net Carbohydrates: 8.64g (3.14%), Sugar: 6.94g (7.71%), Cholesterol: 0.42mg (0.14%), Sodium: 344.98mg (15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.95%), Vitamin K: 7.65µg (7.29%), Fiber: 1.16g (4.64%), Folate: 14.98µg (3.74%), Potassium: 99.93mg (2.86%), Vitamin B2: 0.05mg (2.79%), Vitamin B5: 0.27mg (2.68%), Vitamin E: 0.38mg (2.54%), Vitamin B6: 0.05mg (2.52%), Vitamin C: 2.04mg (2.47%), Vitamin A: 114.76IU (2.3%), Phosphorus: 20.68mg (2.07%), Copper: 0.04mg (1.81%), Vitamin B3: 0.32mg (1.62%), Magnesium: 6.12mg (1.53%), Manganese: 0.03mg (1.51%), Selenium: 0.9µg (1.29%), Calcium: 12.15mg (1.22%), Zinc: 0.16mg (1.05%)