



## Mean Green Guacamole Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



12

CALORIES



93 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3 avocados pitted peeled
- 1 bunch cilantro leaves fresh trimmed
- 1 tablespoon garlic powder
- 2 jalapeño peppers fresh
- 12 servings salt to taste
- 10 tomatillos fresh

### Equipment

- bowl

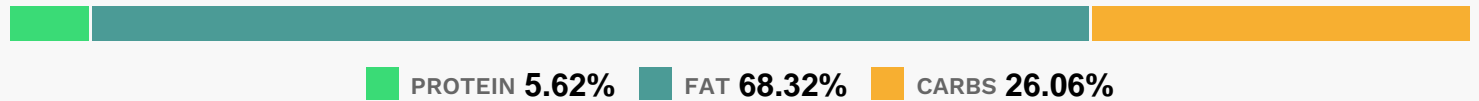
pot

blender

## Directions

- Bring a pot of water to a boil and stir in tomatillos and jalapenos. Boil until tomatillos turn bright green and soft, about 10 minutes.
- Place cilantro, avocados, cooked tomatillos, and cooked jalapenos into a blender, working in batches if necessary. Blend until smooth, 1 to 2 minutes.
- Add about 1 tablespoon of tomatillo cooking water, or as needed, if salsa is too thick.
- Stop the blender, and season the salsa with garlic powder and salt to taste. Blend again briefly to mix in the seasonings.
- Transfer to a bowl for serving.

## Nutrition Facts



## Properties

Glycemic Index:9.08, Glycemic Load:0.42, Inflammation Score:-3, Nutrition Score:5.99521745547%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

## Nutrients (% of daily need)

Calories: 92.5kcal (4.63%), Fat: 7.69g (11.83%), Saturated Fat: 1.11g (6.96%), Carbohydrates: 6.6g (2.2%), Net Carbohydrates: 2.55g (0.93%), Sugar: 1.56g (1.74%), Cholesterol: 0mg (0%), Sodium: 198.37mg (8.62%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.42g (2.85%), Fiber: 4.05g (16.2%), Vitamin K: 15.92µg (15.16%), Vitamin C: 11.3mg (13.69%), Folate: 44.04µg (11.01%), Potassium: 336.9mg (9.63%), Vitamin E: 1.25mg (8.35%), Vitamin B6: 0.17mg (8.34%), Vitamin B5: 0.76mg (7.57%), Vitamin B3: 1.44mg (7.21%), Manganese: 0.13mg (6.34%), Copper: 0.12mg (6.21%), Magnesium: 21.28mg (5.32%), Vitamin B2: 0.08mg (4.64%), Phosphorus: 40.87mg (4.09%), Vitamin A: 175.8IU (3.52%), Vitamin B1: 0.05mg (3.36%), Iron: 0.51mg (2.83%), Zinc: 0.41mg (2.74%)