



Plantain Chips and Avocado Aji



Vegetarian



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



15

CALORIES



188 kcal

SIDE DISH

Ingredients

- ☐ 2 large eggs
- ☐ 1.5 cups cilantro leaves fresh finely chopped
- ☐ 8 medium hass avocados pitted peeled halved chopped
- ☐ 15 servings hot sauce
- ☐ 0.3 cup lime juice plus extra lime wedges fresh for serving 3 limes
- ☐ 1 bag plantain chips
- ☐ 15 servings salt
- ☐ 8 scallions light white green finely chopped

- ☐ 2 medium tomatoes cored finely chopped
- ☐ 0.3 cup water
- ☐ 0.3 cup vinegar white

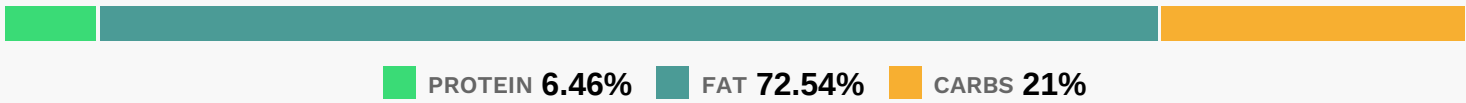
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ plastic wrap

Directions

- ☐ Place the eggs in a medium saucepan and cover them with water. Bring the water to a boil, cover and turn off the heat.
- ☐ Let the eggs sit for 10 minutes. Cool the eggs completely before peeling and chopping into small cubes; set aside.
- ☐ Place the scallions, tomatoes, cilantro, lime juice, vinegar, 1/4 cup of water and some salt in a large bowl and stir to combine.
- ☐ Add the avocados, eggs and a few dashes of hot sauce and stir gently to combine, being careful not to mash the avocados or eggs too much. Cover with plastic wrap and refrigerate until chilled.
- ☐ Serve within a couple of hours with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:17.09, Glycemic Load:1.07, Inflammation Score:-6, Nutrition Score:11.840000126673%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg,

Hesperetin: 0.36mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 188.38kcal (9.42%), Fat: 16.46g (25.32%), Saturated Fat: 2.5g (15.64%), Carbohydrates: 10.72g (3.57%), Net Carbohydrates: 3.11g (1.13%), Sugar: 1.4g (1.55%), Cholesterol: 24.8mg (8.27%), Sodium: 216.67mg (9.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.3g (6.6%), Vitamin K: 42.06µg (40.06%), Fiber: 7.61g (30.44%), Folate: 97.94µg (24.48%), Vitamin C: 15.89mg (19.26%), Potassium: 599.26mg (17.12%), Vitamin E: 2.46mg (16.41%), Vitamin B5: 1.63mg (16.25%), Vitamin B6: 0.31mg (15.4%), Copper: 0.23mg (11.46%), Vitamin B2: 0.18mg (10.67%), Vitamin B3: 2.03mg (10.13%), Vitamin A: 503.08IU (10.06%), Manganese: 0.19mg (9.68%), Magnesium: 35.81mg (8.95%), Phosphorus: 76.81mg (7.68%), Vitamin B1: 0.09mg (5.75%), Zinc: 0.84mg (5.59%), Iron: 0.88mg (4.9%), Selenium: 2.55µg (3.65%), Calcium: 24.99mg (2.5%)