



## Roasted Chile Guacamole with Baked Tortilla Chips



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



289 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 1 cup avocado chopped
- ☐ 7 ounce chiles diced green fire roasted canned
- ☐ 1 teaspoon garlic chopped
- ☐ 2 tablespoons juice of lemon
- ☐ 8 servings olive oil
- ☐ 0.5 cup onion frozen thawed chopped
- ☐ 2 cups no-salt added petite peas frozen thawed

- ☐ 8 servings salt and pepper
- ☐ 1 ounce guacamole seasoning mix
- ☐ 3 garden spinach herb tortilla wraps
- ☐ 3 sun-dried tomato basil tortilla wraps
- ☐ 0.5 cup tomatoes diced with no-salt added
- ☐ 0.3 cup water

## Equipment

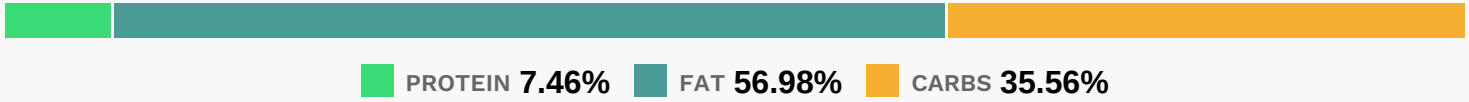
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ potato masher
- ☐ cutting board

## Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 350 degrees F. Spray a baking sheet with cooking spray; set aside.
- ☐ On a cutting board, stack 3 tortillas and using a sharp knife, cut into 8 wedges (like a pie). Repeat with remaining tortillas. Separate any that may stick together.
- ☐ Place on baking sheet, evenly spaced.
- ☐ Drizzle with olive oil and season with salt and pepper.
- ☐ Bake for 8 to 10 minutes or until golden.
- ☐ Remove and let cool.
- ☐ In a medium saucepan combine onions, peas, water, lemon juice, guacamole seasoning, and garlic. Cook for 10 minutes until ingredients are soft.
- ☐ Remove from heat and let cool.
- ☐ Pour cooled pea mixture into a large bowl.

- ☐ Add avocado and mash with a fork or potato masher. Strain tomatoes and add to bowl with green chiles.
- ☐ Mix until blended.
- ☐ Serve with baked chips.

# Nutrition Facts



## Properties

Glycemic Index:28.67, Glycemic Load:2.73, Inflammation Score:-7, Nutrition Score:14.340869597767%

## Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

## Nutrients (% of daily need)

Calories: 289.37kcal (14.47%), Fat: 19.1g (29.38%), Saturated Fat: 3.19g (19.94%), Carbohydrates: 26.82g (8.94%), Net Carbohydrates: 20.18g (7.34%), Sugar: 5.17g (5.74%), Cholesterol: 0mg (0%), Sodium: 369.34mg (16.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.63g (11.26%), Vitamin C: 55.69mg (67.5%), Vitamin K: 47.64µg (45.37%), Fiber: 6.64g (26.54%), Vitamin E: 3.33mg (22.18%), Manganese: 0.43mg (21.46%), Iron: 3.69mg (20.53%), Vitamin B6: 0.3mg (14.89%), Vitamin A: 717.63IU (14.35%), Folate: 56.91µg (14.23%), Calcium: 133.1mg (13.31%), Potassium: 346.13mg (9.89%), Vitamin B1: 0.14mg (9.52%), Magnesium: 35.12mg (8.78%), Copper: 0.17mg (8.33%), Vitamin B3: 1.63mg (8.15%), Phosphorus: 70.82mg (7.08%), Vitamin B2: 0.12mg (6.92%), Zinc: 0.77mg (5.13%), Vitamin B5: 0.41mg (4.08%), Selenium: 1.12µg (1.6%)