



Roasted Garlic, Poblano, and Red Pepper Guacamole



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



94 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 avocado ripe peeled mashed seeded
- ☐ 6 6-inch corn tortillas cut into 8 wedges ()
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 6 garlic cloves unpeeled
- ☐ 0.3 cup green onions finely chopped
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 teaspoons juice of lime fresh

- ☐ 1 medium poblano pepper
- ☐ 1 medium bell pepper red

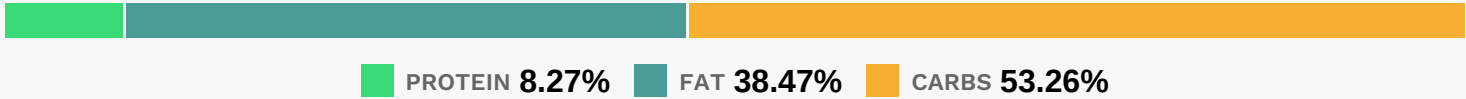
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Preheat oven to 450
- ☐ To prepare guacamole, wrap garlic cloves in foil; bake at 450 for 15 minutes or until soft.
- ☐ Let cool slightly; remove skins.
- ☐ Place garlic in a medium bowl; mash with a fork.
- ☐ Preheat broiler.
- ☐ Cut peppers in half lengthwise; discard seeds and membranes.
- ☐ Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 15 minutes or until blackened, turning frequently.
- ☐ Place in a zip-top plastic bag; seal.
- ☐ Let stand 10 minutes. Peel and finely chop.
- ☐ Add peppers, onions, and next 4 ingredients (through avocado) to mashed garlic; stir well.
- ☐ Reduce heat to 425
- ☐ To prepare chips, combine tortilla wedges, 2 teaspoons juice, and 1/4 teaspoon salt in a large bowl, tossing to coat. Arrange the tortillas in a single layer on a baking sheet coated with cooking spray.
- ☐ Bake at 425 for 10 minutes or until crisp and lightly browned, turning once. Cool 5 minutes.
- ☐ Serve with guacamole.

Nutrition Facts



Properties

Glycemic Index:28.31, Glycemic Load:4.44, Inflammation Score:-6, Nutrition Score:7.4643477875253%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 94.24kcal (4.71%), Fat: 4.34g (6.67%), Saturated Fat: 0.64g (4.03%), Carbohydrates: 13.51g (4.5%), Net Carbohydrates: 9.9g (3.6%), Sugar: 1.44g (1.6%), Cholesterol: 0mg (0%), Sodium: 85.2mg (3.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.1g (4.19%), Vitamin C: 35.2mg (42.67%), Fiber: 3.61g (14.45%), Vitamin K: 13.93µg (13.27%), Vitamin A: 596.58IU (11.93%), Vitamin B6: 0.21mg (10.72%), Manganese: 0.18mg (8.88%), Phosphorus: 85.96mg (8.6%), Folate: 31.91µg (7.98%), Potassium: 235.19mg (6.72%), Magnesium: 25.91mg (6.48%), Vitamin E: 0.89mg (5.93%), Copper: 0.1mg (5%), Vitamin B3: 0.98mg (4.91%), Vitamin B5: 0.45mg (4.5%), Vitamin B2: 0.07mg (3.97%), Vitamin B1: 0.06mg (3.88%), Zinc: 0.51mg (3.42%), Iron: 0.58mg (3.23%), Calcium: 27.95mg (2.79%), Selenium: 1.65µg (2.35%)