



Roasted-Poblano Guacamole with Garlic and Parsley

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



474 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.3 cups avocado ripe peeled mashed seeded (3)
- ☐ 7 cups baked tortilla chips
- ☐ 3 tablespoons flat-leaf parsley fresh chopped
- ☐ 2 garlic cloves unpeeled
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 6 ounces plum tomatoes

- ☐ 6 ounces poblano chiles
- ☐ 2 tablespoons radishes sliced
- ☐ 0.3 teaspoon salt

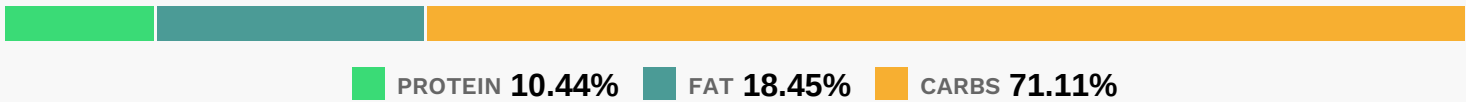
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Preheat broiler.
- ☐ Cut poblanos in half lengthwise, and discard the seeds and membranes.
- ☐ Place poblano halves (skin sides up), tomatoes, and garlic on a foil-lined baking sheet. Broil for 12 minutes or until poblanos are blackened, turning the tomatoes once.
- ☐ Place the poblanos in a zip-top plastic bag, and seal.
- ☐ Let stand 10 minutes. Peel poblanos, tomatoes, and garlic.
- ☐ Place the poblanos and garlic cloves in a food processor, and pulse until coarsely chopped.
- ☐ Combine the poblano mixture, tomato, avocado, parsley, juice, and salt in a bowl.
- ☐ Sprinkle with cheese and radishes.
- ☐ Serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:26.13, Glycemic Load:0.58, Inflammation Score:-7, Nutrition Score:15.052608781859%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Pelargonidin: 2.33mg, Pelargonidin: 2.33mg, Pelargonidin: 2.33mg, Pelargonidin: 2.33mg 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: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 473.76kcal (23.69%), Fat: 9.83g (15.13%), Saturated Fat: 1.62g (10.1%), Carbohydrates: 85.27g (28.42%), Net Carbohydrates: 77.51g (28.18%), Sugar: 2.07g (2.3%), Cholesterol: 0.85mg (0.28%), Sodium: 520.25mg (22.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.52g (25.04%), Phosphorus: 354.3mg (35.43%), Vitamin C: 26.61mg (32.25%), Vitamin K: 33.41µg (31.82%), Fiber: 7.76g (31.06%), Magnesium: 111.48mg (27.87%), Selenium: 16.31µg (23.3%), Vitamin B2: 0.33mg (19.57%), Calcium: 186.97mg (18.7%), Vitamin B1: 0.26mg (17.52%), Vitamin B6: 0.33mg (16.29%), Potassium: 508.03mg (14.52%), Folate: 45.35µg (11.34%), Iron: 2.01mg (11.17%), Vitamin A: 535.26IU (10.71%), Vitamin E: 1.51mg (10.06%), Zinc: 1.45mg (9.69%), Copper: 0.19mg (9.63%), Vitamin B3: 1.13mg (5.64%), Manganese: 0.1mg (5.21%), Vitamin B5: 0.41mg (4.14%)