



Roasted Tomatillo Guacamole



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



12 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 avocado peeled cut into chunks
- ☐ 0.3 cup cilantro leaves loosely packed chopped
- ☐ 1 garlic clove peeled
- ☐ 1 jalapeños fresh halved seeded
- ☐ 1 tablespoon at least lime juice
- ☐ 0.5 teaspoon at least salt
- ☐ 1 tomatillo skinless
- ☐ 0.5 medium onion white peeled

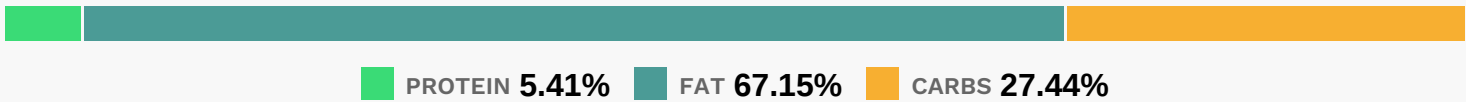
Equipment

- ☐ frying pan
- ☐ blender

Directions

- ☐ In a large, unoiled frying pan over medium heat, pan-roast the Jalapeos, onion, garlic, and tomatillo on all sides, 20 to 25 minutes total.
- ☐ In a blender, whirl the vegetables with 1/4 cup water until blended but still chunky.
- ☐ Add avocado and lime juice; pulse until blended.
- ☐ Add cilantro and salt, pulse to combine, and add more salt and/or lime juice to taste.

Nutrition Facts



Properties

Glycemic Index:5.37, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:0.79391303269759%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 12.27kcal (0.61%), Fat: 1g (1.54%), Saturated Fat: 0.15g (0.91%), Carbohydrates: 0.92g (0.31%), Net Carbohydrates: 0.4g (0.14%), Sugar: 0.2g (0.22%), Cholesterol: 0mg (0%), Sodium: 39.43mg (1.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.18g (0.36%), Fiber: 0.52g (2.09%), Vitamin C: 1.72mg (2.09%), Vitamin K: 2.17µg (2.07%), Folate: 6.14µg (1.54%), Vitamin B6: 0.02mg (1.19%), Potassium: 41.29mg (1.18%), Vitamin E: 0.17mg (1.1%), Vitamin B5: 0.1mg (1.01%)