



Smooth Poblano Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



10

CALORIES



84 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup cilantro leaves fresh chopped
- ☐ 1 clove garlic
- ☐ 2 hass avocados pitted peeled halved
- ☐ 2 cups iceberg lettuce shredded
- ☐ 2 jalapeño peppers fresh with seeds chopped
- ☐ 1 tablespoon olive oil
- ☐ 2 poblano chile peppers fresh seeded chopped
- ☐ 1 tablespoon salt

- ☐ 1 serrano chiles fresh with seeds chopped
- ☐ 1 cup water

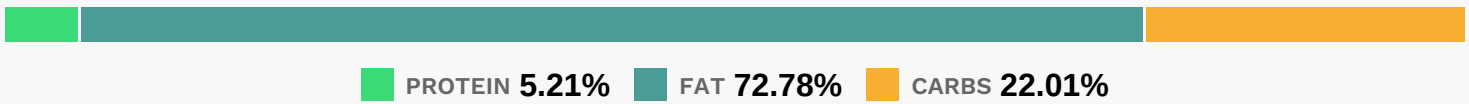
Equipment

- ☐ blender

Directions

- ☐ Place the cilantro, garlic, salt, poblano peppers, jalapeno peppers, serrano pepper, lettuce, avocado, olive oil, and water into a blender. Puree until smooth.

Nutrition Facts



Properties

Glycemic Index:21.1, Glycemic Load:0.74, Inflammation Score:-4, Nutrition Score:6.1139130294323%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 84.13kcal (4.21%), Fat: 7.39g (11.37%), Saturated Fat: 1.06g (6.62%), Carbohydrates: 5.03g (1.68%), Net Carbohydrates: 1.88g (0.68%), Sugar: 1.18g (1.31%), Cholesterol: 0mg (0%), Sodium: 704.85mg (30.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.38%), Vitamin C: 21.47mg (26.03%), Vitamin K: 19.57µg (18.64%), Fiber: 3.15g (12.61%), Folate: 40.7µg (10.18%), Vitamin B6: 0.18mg (8.79%), Vitamin E: 1.27mg (8.44%), Potassium: 262.73mg (7.51%), Vitamin A: 360.46IU (7.21%), Vitamin B5: 0.61mg (6.11%), Manganese: 0.11mg (5.47%), Copper: 0.1mg (5.12%), Vitamin B3: 0.89mg (4.47%), Vitamin B2: 0.07mg (4.06%), Magnesium: 16.03mg (4.01%), Phosphorus: 29.85mg (2.98%), Vitamin B1: 0.04mg (2.83%), Iron: 0.43mg (2.4%), Zinc: 0.32mg (2.16%), Calcium: 11.85mg (1.18%)