



Spicy Avocado Poblano Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



350 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 large firm-ripe avocados
- 3 tablespoons canola oil
- 0.1 teaspoon cayenne
- 0.3 cup cotija cheese crumbled
- 0.3 teaspoon honey
- 8 ounces jicama peeled sliced in thin half-moons
- 1 teaspoon kosher salt
- 2 tablespoons juice of lime fresh divided

- 4 medium poblano chiles (12 oz. total)
- 0.3 cup pumpkin seeds toasted
- 4 radishes cut into matchsticks

Equipment

- frying pan
- oven
- knife
- whisk
- baking pan
- chefs knife

Directions

- Preheat oven to broil and set rack 4 in. from heat. Broil poblanos in a rimmed baking pan, turning as needed, until blackened all over, 10 minutes.
- Let sit on pan until skins are loosened, 15 to 20 minutes.
- Whisk together 1 tbsp. lime juice, the salt, honey, cayenne, and oil.
- Pit and peel avocados (see "How to Get the Most from Your Avocado," below).
- Lay each avocado half cut side down, rest your hand gently on top, and slide knife through avocado horizontally to make 1/4-in.-thick slices.
- Drizzle with remaining lime juice.
- Skin, stem, and seed poblanos.
- Cut into irregular 1- to 2-in. pieces.
- On each of 4 plates, arrange alternating layers of poblano pieces, avocado slices, and jicama; drizzle with some dressing.
- Add another layer of poblanos and avocados, drizzle with more dressing, and tuck remaining jicama slices into salads from the side.
- Sprinkle with cheese, pumpkin seeds, and radishes.
- How to get the most from your avocado: flavor and beauty.

Use it when it's just ripe. How to tell? Squeeze it with your whole hand; it should have the same "give" as chilled butter.

Cut lengthwise around the middle to the center and twist halves apart. Think a chef's knife into pit and twist to pull out. To get pit off, slide against inner rim of kitchen sink. If you're mashing the avocado, scrape it out with a spoon. If you want beautiful, perfect slices and dice, score skin down center with a paring knife and carefully pull off peel.

Nutrition Facts

PROTEIN 6.47% **FAT 71.03%** **CARBS 22.5%**

Properties

Glycemic Index:54.57, Glycemic Load:1.75, Inflammation Score:-8, Nutrition Score:20.950434757316%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 5.6mg, Luteolin: 5.6mg, Luteolin: 5.6mg, Luteolin: 5.6mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg

Nutrients (% of daily need)

Calories: 350.21kcal (17.51%), Fat: 29.52g (45.42%), Saturated Fat: 4.59g (28.7%), Carbohydrates: 21.05g (7.02%), Net Carbohydrates: 9.16g (3.33%), Sugar: 5.16g (5.74%), Cholesterol: 8.34mg (2.78%), Sodium: 703.14mg (30.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.05g (12.1%), Vitamin C: 120.15mg (145.63%), Fiber: 11.89g (47.55%), Vitamin K: 38.18µg (36.36%), Vitamin E: 4.76mg (31.72%), Vitamin B6: 0.6mg (30.07%), Folate: 107.25µg (26.81%), Manganese: 0.51mg (25.67%), Potassium: 838.6mg (23.96%), Magnesium: 74.43mg (18.61%), Copper: 0.36mg (17.91%), Vitamin B5: 1.73mg (17.27%), Phosphorus: 169.23mg (16.92%), Vitamin B2: 0.27mg (15.83%), Vitamin B3: 2.75mg (13.76%), Vitamin A: 669.18IU (13.38%), Vitamin B1: 0.17mg (11.63%), Zinc: 1.49mg (9.95%), Iron: 1.74mg (9.68%), Calcium: 81.35mg (8.14%), Selenium: 2.62µg (3.75%), Vitamin B12: 0.16µg (2.64%)