



Tomatillo Guacamole



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 avocado diced pitted peeled halved
- ☐ 0.8 cup cilantro leaves fresh coarsely chopped
- ☐ 2 cloves garlic smashed quartered
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 jalapeño with seeds coarsely chopped
- ☐ 1 juice of lime
- ☐ 0.5 onion coarsely chopped
- ☐ 1 teaspoon salt

☐ 8 ounces to 8 tomatillos husked coarsely chopped

Equipment

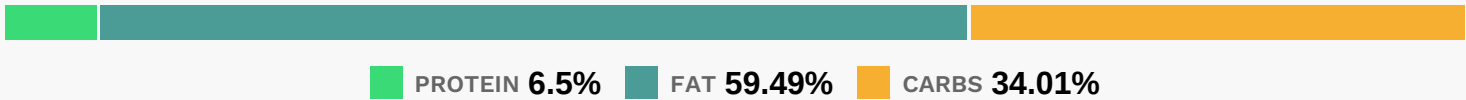
☐ food processor

☐ blender

Directions

☐ Combine the tomatillos, cilantro, avocado, onion, jalapeno, garlic, lime juice, cumin, and salt in a food processor or blender and pulse until combined.;

Nutrition Facts



Properties

Glycemic Index:27.67, Glycemic Load:0.55, Inflammation Score:-4, Nutrition Score:5.6943478973015%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg

Nutrients (% of daily need)

Calories: 74.15kcal (3.71%), Fat: 5.42g (8.33%), Saturated Fat: 0.78g (4.86%), Carbohydrates: 6.97g (2.32%), Net Carbohydrates: 3.69g (1.34%), Sugar: 2.26g (2.51%), Cholesterol: 0mg (0%), Sodium: 392.45mg (17.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.33g (2.66%), Vitamin K: 17.37µg (16.54%), Vitamin C: 12.21mg (14.8%), Fiber: 3.28g (13.13%), Potassium: 306.37mg (8.75%), Folate: 33.64µg (8.41%), Manganese: 0.16mg (7.83%), Vitamin B6: 0.14mg (7.09%), Vitamin B3: 1.36mg (6.8%), Vitamin E: 0.95mg (6.36%), Vitamin B5: 0.56mg (5.6%), Copper: 0.11mg (5.48%), Magnesium: 20.77mg (5.19%), Vitamin A: 246.54IU (4.93%), Iron: 0.72mg (4.01%), Phosphorus: 39.98mg (4%), Vitamin B2: 0.07mg (3.9%), Vitamin B1: 0.05mg (3.36%), Zinc: 0.36mg (2.38%), Calcium: 16.11mg (1.61%)