



Apple-Avocado Relish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



88 kcal

SIDE DISH

Ingredients

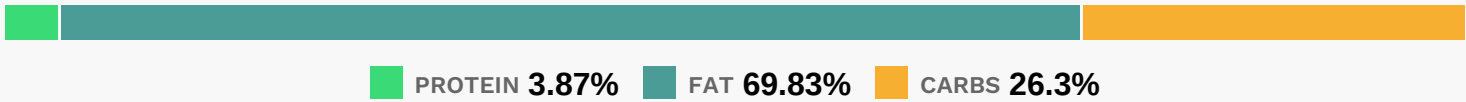
- ☐ 2 medium size avocado diced ripe
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 golden delicious apple diced peeled
- ☐ 2 spring onion thinly sliced
- ☐ 2 teaspoons horseradish
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt

Equipment

Directions

- ☐ Stir together all ingredients.
- ☐ Serve immediately, or cover and let stand 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:1.16, Inflammation Score:-2, Nutrition Score:4.1878261371799%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.15mg, Epicatechin: 1.15mg, Epicatechin: 1.15mg, Epicatechin: 1.15mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 88.45kcal (4.42%), Fat: 7.35g (11.31%), Saturated Fat: 1.05g (6.57%), Carbohydrates: 6.23g (2.08%), Net Carbohydrates: 2.99g (1.09%), Sugar: 2.23g (2.48%), Cholesterol: 0mg (0%), Sodium: 65.96mg (2.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.92g (1.83%), Vitamin K: 14.8µg (14.09%), Fiber: 3.24g (12.96%), Folate: 35.25µg (8.81%), Vitamin E: 1.08mg (7.21%), Potassium: 223.15mg (6.38%), Vitamin B5: 0.58mg (5.76%), Vitamin B6: 0.12mg (5.75%), Vitamin C: 4.73mg (5.73%), Copper: 0.09mg (4.26%), Manganese: 0.08mg (3.76%), Vitamin B3: 0.73mg (3.67%), Vitamin B2: 0.06mg (3.49%), Magnesium: 13.42mg (3.35%), Phosphorus: 24.02mg (2.4%), Vitamin B1: 0.03mg (2.11%), Vitamin A: 94.89IU (1.9%), Zinc: 0.28mg (1.89%), Iron: 0.3mg (1.66%)