



Asian Avocado Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



211 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 large avocado pitted peeled halved cut into 1/3-inch cubes
- ☐ 1.5 teaspoons kosher salt
- ☐ 1 cup spring onion thinly sliced
- ☐ 0.5 cup jicama peeled
- ☐ 1 tablespoon rice wine sweet (Japanese rice wine)
- ☐ 4 servings salt
- ☐ 1.5 teaspoons sesame oil
- ☐ 1 tablespoon sesame seed

- ☐ 2 teaspoons soya sauce
- ☐ 2 cups watercress trimmed coarsely chopped (leaves and tender stems from 2 medium bunches)
- ☐ 2 tablespoons rice vinegar
- ☐ 1 teaspoon wasabi paste (horseradish paste)

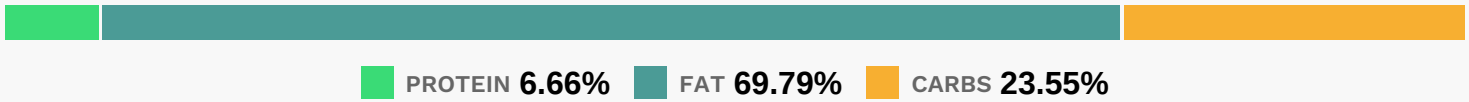
Equipment

- ☐ bowl
- ☐ whisk
- ☐ sieve
- ☐ colander

Directions

- ☐ Stir sesame seeds in dry skillet over medium heat until aromatic and light golden, about 2 minutes.
- ☐ Transfer to small bowl to cool.
- ☐ Whisk next 6 ingredients in large bowl to blend.
- ☐ Add watercress, green onions, and jicama; toss to coat. Gently stir in avocados. DO AHEAD: Can be made 1 hour ahead. Cover; chill.
- ☐ Sprinkle salsa with toasted sesame seeds and serve chilled.
- ☐ *Available in the Asian food section of some supermarkets and at Japanese markets.
- ☐ To keep avocados from discoloring after they're diced, place them in a strainer or colander and rinse under cold running water, then drain well. The color will stay bright for at least an hour.

Nutrition Facts



Properties

Glycemic Index:54.75, Glycemic Load:1.36, Inflammation Score:-8, Nutrition Score:16.728695693223%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg 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 Kaempferol: 4.26mg, Kaempferol: 4.26mg, Kaempferol: 4.26mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.77mg, Quercetin: 7.77mg, Quercetin: 7.77mg, Quercetin: 7.77mg

Nutrients (% of daily need)

Calories: 211.19kcal (10.56%), Fat: 17.36g (26.7%), Saturated Fat: 2.51g (15.68%), Carbohydrates: 13.18g (4.39%), Net Carbohydrates: 4.56g (1.66%), Sugar: 1.63g (1.81%), Cholesterol: 0mg (0%), Sodium: 1252.75mg (54.47%), Alcohol: 0.6g (100%), Alcohol %: 0.42% (100%), Protein: 3.72g (7.45%), Vitamin K: 115.61µg (110.1%), Fiber: 8.62g (34.49%), Vitamin C: 25.87mg (31.35%), Folate: 103.59µg (25.9%), Potassium: 661.04mg (18.89%), Vitamin A: 942.48IU (18.85%), Vitamin E: 2.49mg (16.59%), Vitamin B6: 0.33mg (16.38%), Copper: 0.32mg (16.09%), Manganese: 0.31mg (15.51%), Vitamin B5: 1.5mg (15.04%), Magnesium: 49.08mg (12.27%), Vitamin B2: 0.19mg (10.98%), Vitamin B3: 2.16mg (10.82%), Phosphorus: 92.66mg (9.27%), Iron: 1.44mg (8.03%), Vitamin B1: 0.12mg (7.92%), Calcium: 75.44mg (7.54%), Zinc: 0.98mg (6.52%), Selenium: 1.63µg (2.32%)