



Avocado-and-Mango Salsa Crostini



Vegetarian



Vegan



Dairy Free

READY IN



40 min.

SERVINGS



20

CALORIES



78 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 large avocado pitted cubed peeled
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 tablespoons juice of lime
- ☐ 1 long thin
- ☐ 1 cup mangos diced
- ☐ 0.3 cup olive oil
- ☐ 0.5 small onion finely chopped
- ☐ 20 servings salt and pepper

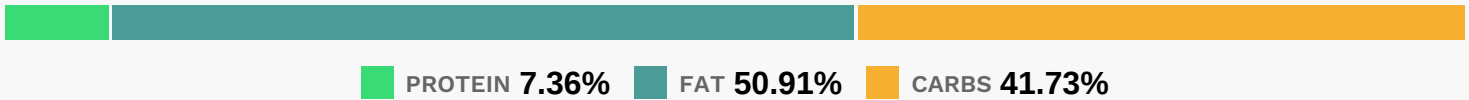
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 400F.
- ☐ Cut bread on a slight angle into 1/4-inch-thick slices. Arrange in a single layer on a baking sheet.
- ☐ Brush one side of each slice with a small amount of oil.
- ☐ Sprinkle with salt and pepper. Toast until lightly browned, 15 to 20 minutes, turning pan around twice during baking time. Allow to cool completely.
- ☐ In a small bowl, combine avocado, mango, cilantro, onion and lime juice. Season with salt and pepper and mix gently to combine.
- ☐ Mound 1 Tbsp. mango mixture on top of each toast just before serving.

Nutrition Facts



Properties

Glycemic Index:11.13, Glycemic Load:4.81, Inflammation Score:-2, Nutrition Score:2.8886956857598%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg 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: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 78.36kcal (3.92%), Fat: 4.55g (7%), Saturated Fat: 0.66g (4.14%), Carbohydrates: 8.4g (2.8%), Net Carbohydrates: 7.29g (2.65%), Sugar: 1.88g (2.09%), Cholesterol: 0mg (0%), Sodium: 272mg (11.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.96%), Folate: 25.57µg (6.39%), Vitamin C: 4.6mg (5.57%), Vitamin B1: 0.08mg (5.53%), Vitamin E: 0.71mg (4.75%), Fiber: 1.1g (4.42%), Vitamin K: 4.6µg (4.38%), Manganese: 0.08mg (4.03%), Vitamin B3: 0.8mg (4.01%), Vitamin B2: 0.06mg (3.36%), Selenium: 2.25µg (3.22%), Iron: 0.52mg (2.9%), Vitamin B6: 0.05mg (2.57%), Potassium: 82.69mg (2.36%), Copper: 0.04mg (2.24%), Vitamin A: 107.42IU (2.15%), Vitamin B5: 0.21mg (2.07%), Phosphorus: 18.99mg (1.9%), Magnesium: 7.3mg (1.82%), Calcium: 16.02mg (1.6%), Zinc: 0.18mg (1.17%)