



Avocado and Pumpkin Seed Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



418 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 garlic cloves minced
- ☐ 3 large hass avocados firm ripe cut into 1/2-inch dice
- ☐ 0.3 cup juice of lemon fresh
- ☐ 4 ounces pumpkin seeds raw
- ☐ 1 bell pepper red
- ☐ 1 chile red minced
- ☐ 4 servings salt and pepper freshly ground

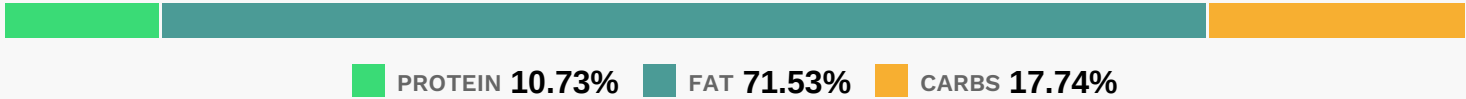
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap

Directions

- ☐ Preheat the oven to 40
- ☐ Spread the pumpkin seeds on a rimmed baking sheet and bake for 4 minutes, or until lightly browned.
- ☐ Transfer to a plate to cool.
- ☐ Roast the bell pepper over a gas flame until charred all over.
- ☐ Transfer to a bowl, cover with plastic wrap and let steam for 5 minutes. Peel, stem and seed the pepper; cut it into 1/2-inch dice.
- ☐ In a bowl, mix the lemon juice with the garlic and chile. Stir in the pumpkin seeds, bell pepper and avocados. Season with salt and pepper and serve.

Nutrition Facts



Properties

Glycemic Index:39.25, Glycemic Load:2.12, Inflammation Score:-9, Nutrition Score:29.295217410378%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 417.5kcal (20.87%), Fat: 36.25g (55.77%), Saturated Fat: 5.7g (35.6%), Carbohydrates: 20.23g (6.74%), Net Carbohydrates: 7.56g (2.75%), Sugar: 3.64g (4.04%), Cholesterol: 0mg (0%), Sodium: 208.94mg (9.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.24g (24.48%), Vitamin C: 76.23mg (92.4%), Manganese: 1.58mg (79.19%), Magnesium: 219mg (54.75%), Fiber: 12.67g (50.69%), Phosphorus: 444.03mg (44.4%), Folate: 157.92µg (39.48%), Vitamin K: 36.79µg (35.03%), Copper: 0.69mg (34.69%), Potassium: 1081.25mg (30.89%), Vitamin B6: 0.6mg (29.85%), Vitamin E: 4.31mg (28.74%), Vitamin A: 1264.25IU (25.29%), Vitamin B5: 2.45mg (24.52%), Vitamin B3: 4.49mg (22.46%), Zinc: 3.31mg (22.05%), Iron: 3.61mg (20.07%), Vitamin B2: 0.28mg (16.37%), Vitamin B1: 0.21mg (13.95%), Selenium: 3.58µg (5.12%), Calcium: 38.54mg (3.85%)