



Avocado-Corn Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

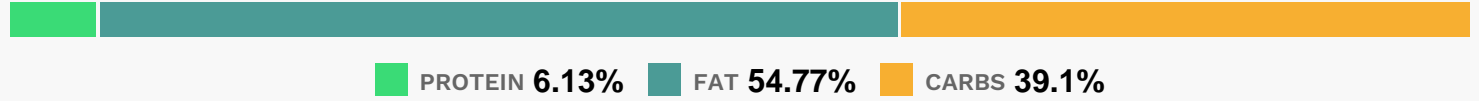
- 1 large avocado chopped
- 1 cup regular corn frozen thawed
- 2 green onions thinly sliced
- 0.3 cup 1/4 cup kraft lite zesty italian dressing italian kraft
- 1 large jalapeño pepper finely chopped
- 0.5 cup pasilla peppers red chopped

Equipment

Directions

Combine ingredients.

Nutrition Facts



Properties

Glycemic Index:9.07, Glycemic Load:0.19, Inflammation Score:-2, Nutrition Score:2.7339130290177%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 43.59kcal (2.18%), Fat: 2.9g (4.46%), Saturated Fat: 0.42g (2.62%), Carbohydrates: 4.66g (1.55%), Net Carbohydrates: 3.29g (1.2%), Sugar: 0.76g (0.84%), Cholesterol: 0mg (0%), Sodium: 40.85mg (1.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.73g (1.46%), Vitamin C: 8.81mg (10.67%), Vitamin K: 8.67µg (8.26%), Fiber: 1.37g (5.47%), Folate: 18.57µg (4.64%), Vitamin A: 193.24IU (3.86%), Vitamin B6: 0.07mg (3.61%), Potassium: 116.4mg (3.33%), Vitamin E: 0.45mg (3.01%), Manganese: 0.05mg (2.71%), Vitamin B3: 0.48mg (2.4%), Vitamin B5: 0.24mg (2.36%), Magnesium: 8.63mg (2.16%), Vitamin B2: 0.03mg (1.92%), Phosphorus: 19.11mg (1.91%), Copper: 0.03mg (1.74%), Vitamin B1: 0.02mg (1.65%), Zinc: 0.19mg (1.23%), Iron: 0.21mg (1.17%)