



Avocado-Corn Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



5

CALORIES



149 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 medium avocado
- 4 corn syrup white yellow
- 2 tablespoons cilantro leaves fresh finely chopped
- 1.5 teaspoons kosher salt as needed plus more
- 3 tablespoons juice of lime as needed freshly squeezed plus more (from 2 medium limes)
- 4 medium spring onion light white green thinly sliced (and parts only)
- 1 serrano chiles stemmed finely chopped
- 3 medium tomatoes cored seeded cut into small dice

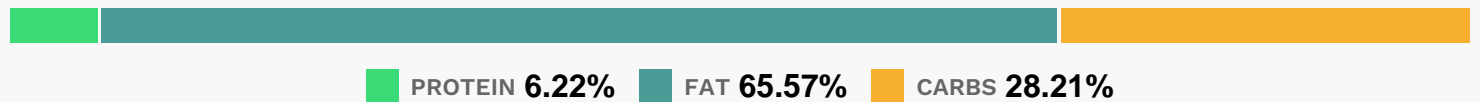
Equipment

- paper towels
- knife

Directions

- Place a large container on a damp towel. Fold a paper towel into fourths and place it inside the container. Stand 1 ear of corn on the paper towel, using the stem as a handle. Using a paring knife, slice downward, letting the kernels fall into the container. Rotate the cob and continue until all the kernels have been removed; discard the cob. Repeat with the remaining corn. Discard the paper towel.
- Add the scallions, tomatoes, measured lime juice, cilantro, serrano, and measured salt and stir to combine. Halve and pit the avocados. Using a paring knife, score the flesh of the avocado halves in a 1/4-inch-wide crosshatch pattern (be careful not to cut through the skin). Using a spoon, scoop the avocado pieces into the corn mixture and gently fold to combine. Taste and add more lime juice or salt as needed.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:28.4, Glycemic Load:1.53, Inflammation Score:-7, Nutrition Score:11.8386956246%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 149.21kcal (7.46%), Fat: 12.01g (18.48%), Saturated Fat: 1.74g (10.88%), Carbohydrates: 11.63g (3.88%), Net Carbohydrates: 4.94g (1.8%), Sugar: 3.01g (3.35%), Cholesterol: 0mg (0%), Sodium: 709.28mg (30.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.57g (5.13%), Vitamin K: 48.25µg (45.95%), Vitamin C: 23.74mg (28.77%), Fiber: 6.69g (26.76%), Folate: 85.31µg (21.33%), Potassium: 615.15mg (17.58%), Vitamin A: 878.33IU (17.57%), Vitamin E: 2.16mg (14.41%), Vitamin B6: 0.28mg (14.19%), Vitamin B5: 1.21mg (12.12%), Manganese: 0.23mg (11.28%), Copper: 0.21mg (10.58%), Vitamin B3: 1.95mg (9.73%), Magnesium: 35.13mg (8.78%), Vitamin B2: 0.13mg (7.71%), Phosphorus: 66.51mg (6.65%), Vitamin B1: 0.09mg (6.1%), Iron: 0.85mg (4.73%), Zinc: 0.7mg (4.69%), Calcium: 27.62mg (2.76%)