



WHATSheATE



Avocado-Corn Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



168 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 small avocado diced



2 tablespoons canola oil



1 teaspoon dijon mustard



2 tablespoons basil fresh chopped



2 tablespoons cilantro leaves fresh chopped



2 cups corn kernels fresh



1 cup grape tomatoes halved



0.3 cup juice of lime fresh

- ☐ 1 tablespoon lime zest
- ☐ 6 servings bell pepper
- ☐ 0.3 cup onion diced red
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 6 servings salt

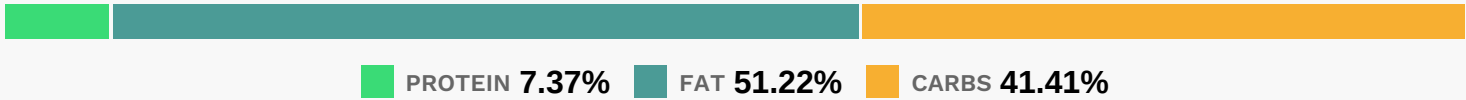
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together lime zest, lime juice, canola oil, Dijon mustard, and dried crushed red pepper in a large bowl. Stir in corn kernels, halved grape tomatoes, diced avocado, diced red onion, basil, and cilantro.
- ☐ Add salt and pepper.

Nutrition Facts



Properties

Glycemic Index:50.5, Glycemic Load:1.65, Inflammation Score:-9, Nutrition Score:15.890434747157%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 167.56kcal (8.38%), Fat: 10.58g (16.28%), Saturated Fat: 1.27g (7.96%), Carbohydrates: 19.25g (6.42%), Net Carbohydrates: 13.87g (5.05%), Sugar: 7.61g (8.46%), Cholesterol: 0mg (0%), Sodium: 218.81mg (9.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.42g (6.85%), Vitamin C: 109.53mg (132.77%), Vitamin A: 2753.93IU (55.08%), Folate: 88.82µg (22.21%), Fiber: 5.37g (21.49%), Vitamin E: 2.92mg (19.5%), Vitamin B6: 0.39mg (19.31%), Vitamin K: 19.5µg (18.57%), Potassium: 540.4mg (15.44%), Manganese: 0.27mg (13.25%), Vitamin B3: 2.36mg (11.82%), Vitamin B5: 1.1mg (11.01%), Magnesium: 42.02mg (10.5%), Vitamin B1: 0.16mg (10.39%), Phosphorus: 91.52mg (9.15%), Vitamin B2: 0.14mg (8.49%), Copper: 0.13mg (6.42%), Iron: 0.91mg (5.05%), Zinc: 0.7mg (4.7%), Calcium: 18.66mg (1.87%), Selenium: 0.86µg (1.23%)