



Avocado-Cucumber Toss



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



11 min.

SERVINGS



4

CALORIES



127 kcal

SIDE DISH

Ingredients

- ☐ 1 avocado diced peeled
- ☐ 1 cup cherry tomatoes quartered (12 tomatoes)
- ☐ 1 tablespoon cider vinegar
- ☐ 2 cups cucumber chopped
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt

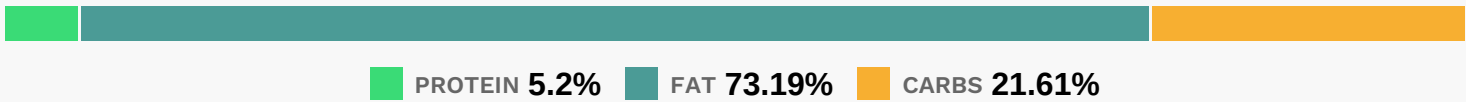
Equipment

☐ bowl

Directions

- ☐ Combine first 4 ingredients in a jar; cover tightly, and shake vigorously.
- ☐ Place tomato, avocado, and cucumber in a bowl; add vinegar mixture, and toss gently to coat.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:0.54, Inflammation Score:-4, Nutrition Score:7.411739066891%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 127.13kcal (6.36%), Fat: 11.04g (16.98%), Saturated Fat: 1.57g (9.81%), Carbohydrates: 7.33g (2.44%), Net Carbohydrates: 3.21g (1.17%), Sugar: 2.19g (2.44%), Cholesterol: 0mg (0%), Sodium: 299.91mg (13.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.76g (3.53%), Vitamin C: 15.65mg (18.96%), Vitamin K: 18.7µg (17.8%), Fiber: 4.12g (16.5%), Folate: 54.88µg (13.72%), Potassium: 419.85mg (12%), Vitamin E: 1.77mg (11.83%), Vitamin B6: 0.19mg (9.64%), Manganese: 0.19mg (9.25%), Vitamin B5: 0.91mg (9.07%), Copper: 0.17mg (8.64%), Magnesium: 26.31mg (6.58%), Vitamin A: 304.08IU (6.08%), Vitamin B3: 1.1mg (5.49%), Vitamin B2: 0.09mg (5.32%), Phosphorus: 51.02mg (5.1%), Vitamin B1: 0.07mg (4.52%), Iron: 0.72mg (3.99%), Zinc: 0.49mg (3.27%), Calcium: 20.47mg (2.05%)