



Avocado Feta Salsa

 Vegetarian  Gluten Free

READY IN

ready

140 min.

SERVINGS

servings

12

CALORIES

calories

67 kcal

- ANTIPASTI
- STARTER
- SNACK
- APPETIZER

Ingredients

- ☐ 1 avocado pitted ripe peeled chopped
- ☐ 4 ounces feta cheese crumbled
- ☐ 1 tablespoon parsley fresh snipped
- ☐ 1 clove garlic minced
- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 2 plum tomatoes chopped
- ☐ 0.3 cup onion red finely chopped

☐ 1 tablespoon citrus champagne vinegar

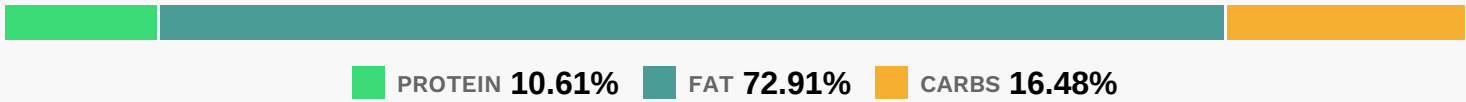
Equipment

☐ bowl

Directions

- ☐ In a bowl, gently stir together tomatoes, avocados, onion, and garlic.
- ☐ Mix in parsley and oregano. Gently stir in olive oil and vinegar. Then stir in feta. Cover, and chill for 2 to 6 hours.

Nutrition Facts



Properties

Glycemic Index:16.58, Glycemic Load:0.43, Inflammation Score:-5, Nutrition Score:3.8299999859022%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 67.18kcal (3.36%), Fat: 5.71g (8.78%), Saturated Fat: 1.79g (11.16%), Carbohydrates: 2.9g (0.97%), Net Carbohydrates: 1.41g (0.51%), Sugar: 0.55g (0.61%), Cholesterol: 8.41mg (2.8%), Sodium: 110.01mg (4.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.87g (3.74%), Vitamin K: 13.28µg (12.65%), Vitamin B2: 0.11mg (6.31%), Fiber: 1.5g (5.98%), Calcium: 58.05mg (5.81%), Vitamin B6: 0.1mg (5.16%), Folate: 20.28µg (5.07%), Vitamin C: 3.87mg (4.7%), Phosphorus: 45.3mg (4.53%), Vitamin E: 0.67mg (4.45%), Vitamin A: 185.67IU (3.71%), Potassium: 125.05mg (3.57%), Vitamin B5: 0.34mg (3.44%), Manganese: 0.07mg (3.43%), Zinc: 0.42mg (2.8%), Vitamin B12: 0.16µg (2.66%), Vitamin B3: 0.48mg (2.38%), Magnesium: 9.53mg (2.38%), Copper: 0.05mg (2.31%), Selenium: 1.56µg (2.22%), Vitamin B1: 0.03mg (2.18%), Iron: 0.38mg (2.1%)