



Avocado-Feta Salsa



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



195 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 avocados chopped
- ☐ 4 ounce feta cheese crumbled
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon oregano dried
- ☐ 4 plum tomatoes chopped
- ☐ 2 tablespoons onion red finely chopped

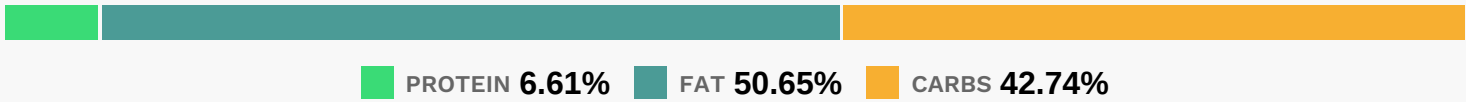
- ☐ 3 tablespoons red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 20 servings tortilla chips assorted

Equipment

Directions

- ☐ Stir together first 9 ingredients. Gently stir in avocado just before serving.
- ☐ Serve with assorted tortilla chips.

Nutrition Facts



Properties

Glycemic Index:9.95, Glycemic Load:0.38, Inflammation Score:-4, Nutrition Score:5.6465217250845%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 195.43kcal (9.77%), Fat: 11.4g (17.54%), Saturated Fat: 2.17g (13.55%), Carbohydrates: 21.65g (7.22%), Net Carbohydrates: 18.59g (6.76%), Sugar: 0.73g (0.81%), Cholesterol: 5.05mg (1.68%), Sodium: 217.06mg (9.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.35g (6.69%), Vitamin K: 15.6µg (14.85%), Fiber: 3.06g (12.23%), Vitamin E: 1.69mg (11.3%), Phosphorus: 96.65mg (9.67%), Magnesium: 32.29mg (8.07%), Vitamin B6: 0.14mg (7.07%), Vitamin B5: 0.68mg (6.81%), Calcium: 63.32mg (6.33%), Folate: 23.94µg (5.98%), Vitamin B2: 0.1mg (5.71%), Potassium: 186.65mg (5.33%), Vitamin C: 4.15mg (5.04%), Zinc: 0.71mg (4.73%), Vitamin B1: 0.07mg (4.49%), Copper: 0.08mg (3.83%), Iron: 0.66mg (3.68%), Vitamin B3: 0.72mg (3.61%), Vitamin A: 175.15IU (3.5%), Selenium: 2.21µg (3.16%), Manganese: 0.05mg (2.73%), Vitamin B12: 0.1µg (1.6%)