



Avocado-Feta Salsa



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



99 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 large avocado
- ☐ 4 ounce feta cheese crumbled
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 clove garlic minced
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon oregano fresh chopped
- ☐ 2 plum tomatoes
- ☐ 0.3 cup purple onion chopped

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0.5 tablespoon red wine vinegar

Equipment

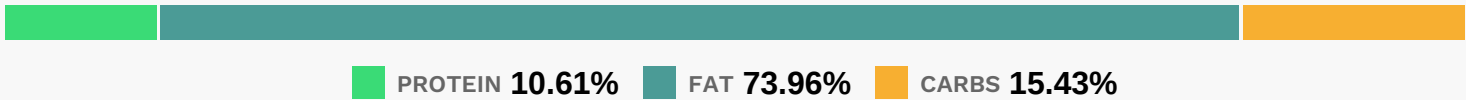
☐

bowl

Directions

- ☐ Peel and seed avocado; chop avocado and tomatoes, and place in a large bowl.
- ☐ Add onion and next 5 ingredients, tossing to coat. Fold in cheese.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:24.88, Glycemic Load:0.64, Inflammation Score:-4, Nutrition Score:5.3286956859672%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 99.27kcal (4.96%), Fat: 8.54g (13.14%), Saturated Fat: 2.67g (16.7%), Carbohydrates: 4.01g (1.34%), Net Carbohydrates: 1.98g (0.72%), Sugar: 0.8g (0.89%), Cholesterol: 12.62mg (4.21%), Sodium: 164.81mg (7.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.51%), Vitamin K: 16.81µg (16.01%), Vitamin B2: 0.16mg (9.3%), Fiber: 2.03g (8.13%), Calcium: 79.04mg (7.9%), Vitamin B6: 0.15mg (7.47%), Folate: 29.23µg (7.31%), Vitamin C: 5.8mg (7.02%), Phosphorus: 67.13mg (6.71%), Vitamin E: 0.91mg (6.06%), Vitamin A: 269.99IU (5.4%), Potassium: 180.91mg (5.17%), Vitamin B5: 0.51mg (5.11%), Zinc: 0.62mg (4.11%), Vitamin B12: 0.24µg (3.99%), Manganese: 0.08mg (3.88%), Vitamin B3: 0.69mg (3.45%), Copper: 0.07mg (3.31%), Selenium: 2.31µg (3.3%), Magnesium: 12.9mg (3.23%), Vitamin B1: 0.05mg (3.21%), Iron: 0.38mg (2.11%)