



Avocado-Lime Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 cup avocado diced peeled



2 tablespoons cilantro leaves fresh finely chopped



1 lime



0.1 teaspoon salt

Equipment

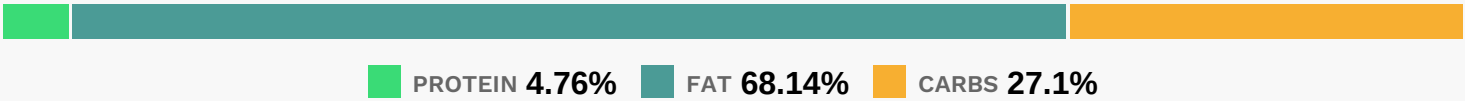


bowl

Directions

- ☐ Place avocado in a small bowl. Grate rind from lime and squeeze juice to measure 1/2 teaspoon and 1 tablespoon, respectively; add to avocado.
- ☐ Add cilantro and salt. Toss gently.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:0.69, Inflammation Score:-2, Nutrition Score:3.8069565114768%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 65.07kcal (3.25%), Fat: 5.55g (8.53%), Saturated Fat: 0.8g (5.02%), Carbohydrates: 4.96g (1.65%), Net Carbohydrates: 1.98g (0.72%), Sugar: 0.53g (0.59%), Cholesterol: 0mg (0%), Sodium: 75.72mg (3.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.87g (1.74%), Fiber: 2.99g (11.95%), Vitamin C: 8.68mg (10.52%), Vitamin K: 8.6µg (8.19%), Folate: 31.84µg (7.96%), Potassium: 200.02mg (5.71%), Vitamin B5: 0.56mg (5.58%), Vitamin E: 0.82mg (5.45%), Vitamin B6: 0.1mg (5.19%), Copper: 0.08mg (4.13%), Vitamin B3: 0.69mg (3.44%), Vitamin B2: 0.05mg (3.08%), Magnesium: 11.93mg (2.98%), Manganese: 0.06mg (2.78%), Phosphorus: 22.61mg (2.26%), Vitamin B1: 0.03mg (2.02%), Zinc: 0.26mg (1.73%), Iron: 0.31mg (1.73%), Vitamin A: 76.62IU (1.53%), Calcium: 10.21mg (1.02%)