



Avocado-Mango Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



3

CALORIES



233 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 avocado diced pitted peeled
- ☐ 1 mangos diced peeled seeded
- ☐ 1 tablespoon olive oil
- ☐ 1 bell pepper diced red seeded
- ☐ 0.8 cup onion red chopped
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon sugar white
- ☐ 2 tablespoons citrus champagne vinegar

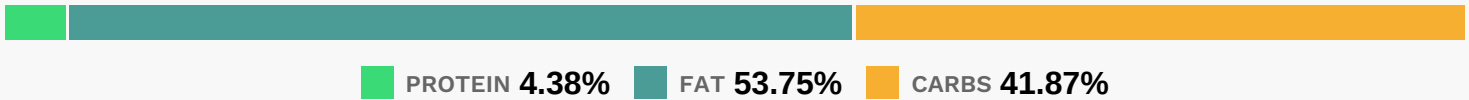
Equipment

☐ bowl

Directions

☐ Toss together mango, bell pepper, onion, sugar, olive oil, and vinegar in a bowl. Gently fold in diced avocado, and season with salt.

Nutrition Facts



Properties

Glycemic Index:73.61, Glycemic Load:9.39, Inflammation Score:-9, Nutrition Score:16.063913184664%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.21mg, Quercetin: 8.21mg, Quercetin: 8.21mg, Quercetin: 8.21mg

Nutrients (% of daily need)

Calories: 233.47kcal (11.67%), Fat: 14.95g (23%), Saturated Fat: 2.17g (13.59%), Carbohydrates: 26.2g (8.73%), Net Carbohydrates: 19.1g (6.94%), Sugar: 17.25g (19.17%), Cholesterol: 0mg (0%), Sodium: 784.66mg (34.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.49%), Vitamin C: 85.6mg (103.76%), Vitamin A: 2087.16IU (41.74%), Fiber: 7.11g (28.42%), Folate: 109.79µg (27.45%), Vitamin E: 3.31mg (22.1%), Vitamin B6: 0.42mg (20.89%), Vitamin K: 21.88µg (20.84%), Potassium: 587.15mg (16.78%), Vitamin B5: 1.24mg (12.42%), Manganese: 0.24mg (12.07%), Copper: 0.23mg (11.41%), Vitamin B3: 2.06mg (10.31%), Vitamin B2: 0.16mg (9.33%), Magnesium: 35.51mg (8.88%), Vitamin B1: 0.1mg (6.94%), Phosphorus: 67.21mg (6.72%), Iron: 0.81mg (4.52%), Zinc: 0.66mg (4.42%), Calcium: 28.77mg (2.88%), Selenium: 0.95µg (1.35%)