



Avocado-Mango Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



42 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 avocados diced
- ☐ 0.5 teaspoon chili powder
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 cup jicama diced
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 cup mangos diced jarred
- ☐ 0.8 cup bell pepper diced red

- ☐ 0.5 cup onion red thinly sliced
- ☐ 20 servings salt and pepper to taste

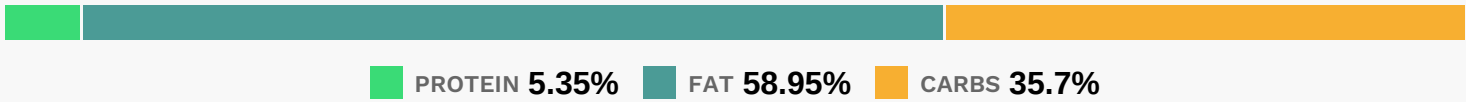
Equipment

- ☐ bowl

Directions

- ☐ Combine first 8 ingredients in a large bowl. Stir in salt and pepper to taste. Gently fold avocados into mango mixture. Cover and chill 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:10.14, Glycemic Load:0.89, Inflammation Score:-4, Nutrition Score:3.2882608965687%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg 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 Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 42.15kcal (2.11%), Fat: 3.03g (4.66%), Saturated Fat: 0.44g (2.77%), Carbohydrates: 4.13g (1.38%), Net Carbohydrates: 2.27g (0.83%), Sugar: 1.76g (1.95%), Cholesterol: 0mg (0%), Sodium: 196.82mg (8.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.62g (1.24%), Vitamin C: 13.63mg (16.52%), Fiber: 1.86g (7.43%), Vitamin A: 324.02IU (6.48%), Folate: 23.84µg (5.96%), Vitamin K: 5.55µg (5.29%), Vitamin B6: 0.09mg (4.3%), Vitamin E: 0.62mg (4.16%), Potassium: 138.56mg (3.96%), Vitamin B5: 0.33mg (3.26%), Copper: 0.05mg (2.67%), Manganese: 0.05mg (2.56%), Vitamin B3: 0.48mg (2.42%), Vitamin B2: 0.04mg (2.19%), Magnesium: 8.55mg (2.14%), Phosphorus: 15.51mg (1.55%), Vitamin B1: 0.02mg (1.48%), Iron: 0.22mg (1.24%), Zinc: 0.17mg (1.13%)