



Avocado-Mango Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

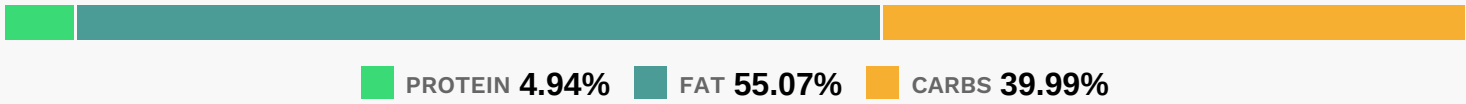
- ☐ 1 large avocado cubed
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 cup mangos fresh diced
- ☐ 0.3 cup onion diced red

Equipment

Directions

☐ Stir together avocado, mango, red onion, chopped fresh cilantro, and fresh lime juice.

Nutrition Facts



Properties

Glycemic Index:15.07, Glycemic Load:1.4, Inflammation Score:-3, Nutrition Score:2.867391311604%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg 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: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 44.96kcal (2.25%), Fat: 3.03g (4.65%), Saturated Fat: 0.45g (2.79%), Carbohydrates: 4.94g (1.65%), Net Carbohydrates: 3.23g (1.17%), Sugar: 2.67g (2.97%), Cholesterol: 0mg (0%), Sodium: 1.88mg (0.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.61g (1.22%), Vitamin C: 9.33mg (11.31%), Fiber: 1.72g (6.86%), Folate: 24.74µg (6.18%), Vitamin K: 5.2µg (4.95%), Vitamin A: 214.88IU (4.3%), Vitamin B6: 0.08mg (3.95%), Potassium: 136.92mg (3.91%), Vitamin E: 0.57mg (3.83%), Vitamin B5: 0.32mg (3.22%), Copper: 0.06mg (2.98%), Vitamin B3: 0.47mg (2.36%), Manganese: 0.05mg (2.33%), Magnesium: 8.27mg (2.07%), Vitamin B2: 0.03mg (2.02%), Phosphorus: 14.77mg (1.48%), Vitamin B1: 0.02mg (1.42%), Zinc: 0.16mg (1.04%)