



Avocado-Orange Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



207 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 avocados (1 lb. total)
- 1 teaspoons chili puree (see below)
- 1 cup cucumber diced english ()
- 2 tablespoons juice of lime
- 1.5 pounds oranges
- 0.5 cup onion red minced
- 5 servings salt

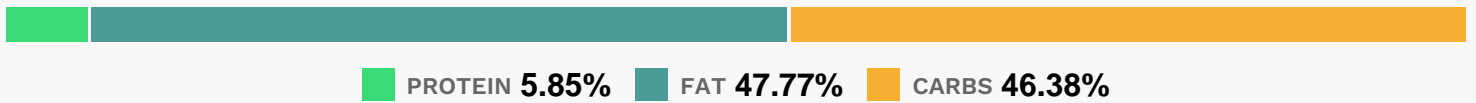
Equipment

- food processor
- bowl
- blender

Directions

- Cut ends off oranges, then cut off peels and outer membranes and discard. Slice oranges 1/2 inch thick, then cut into cubes, discarding seeds.
- Place in a bowl.
- Pit, peel, and dice avocados; add to oranges.
- Add cucumber, onion, lime juice, and chipotle pure and salt to taste; mix gently.
- To make chipotle chile pure, whirl the contents of a 7-ounce can of chipotle chiles (including sauce) in a blender or food processor until smooth.
- Scrape into a plastic container and store airtight in the refrigerator for up to 3 weeks.
- Nutritional information per 1/4 cup.

Nutrition Facts



Properties

Glycemic Index:21.9, Glycemic Load:6.35, Inflammation Score:-8, Nutrition Score:14.992173936056%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 37.62mg, Hesperetin: 37.62mg, Hesperetin: 37.62mg, Hesperetin: 37.62mg Naringenin: 20.87mg, Naringenin: 20.87mg, Naringenin: 20.87mg, Naringenin: 20.87mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg

Nutrients (% of daily need)

Calories: 206.86kcal (10.34%), Fat: 12.07g (18.57%), Saturated Fat: 1.76g (11.01%), Carbohydrates: 26.36g (8.79%), Net Carbohydrates: 17.03g (6.19%), Sugar: 14.79g (16.43%), Cholesterol: 0mg (0%), Sodium: 201.44mg (8.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.32g (6.64%), Vitamin C: 84mg (101.82%), Fiber: 9.33g (37.34%), Folate: 111.04µg (27.76%), Potassium: 697.24mg (19.92%), Vitamin K: 20.4µg (19.42%), Vitamin B6: 0.32mg (15.9%), Vitamin B5: 1.54mg (15.38%), Vitamin E: 1.93mg (12.88%), Vitamin B1: 0.19mg (12.45%), Copper: 0.23mg (11.53%), Magnesium: 41.71mg (10.43%), Vitamin B2: 0.17mg (10.06%), Manganese: 0.19mg (9.34%), Vitamin B3: 1.83mg (9.15%), Vitamin A: 448.72IU (8.97%), Calcium: 72.05mg (7.2%), Phosphorus: 71.33mg (7.13%), Zinc: 0.68mg (4.56%), Iron: 0.68mg (3.76%), Selenium: 1.15µg (1.64%)