



Avocado Picadillo

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



40 kcal

SIDE DISH

Ingredients

- 0.5 cup avocado ripe finely chopped
- 0.1 teaspoon pepper black freshly ground
- 2 garlic cloves pressed
- 2 tablespoons green onions finely chopped
- 1 tablespoon juice of lime fresh
- 0.5 cup plum tomatoes finely chopped
- 0.3 teaspoon salt

Equipment

Directions

Stir together all ingredients. Cover and chill.

Nutrition Facts

PROTEIN 7.34% **FAT 57.93%** **CARBS 34.73%**

Properties

Glycemic Index:43, Glycemic Load:0.63, Inflammation Score:-3, Nutrition Score:3.5152173742004%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg 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: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 39.61kcal (1.98%), Fat: 2.83g (4.36%), Saturated Fat: 0.41g (2.57%), Carbohydrates: 3.82g (1.27%), Net Carbohydrates: 2.07g (0.75%), Sugar: 1.05g (1.17%), Cholesterol: 0mg (0%), Sodium: 148.96mg (6.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.81g (1.62%), Vitamin K: 12.63µg (12.03%), Vitamin C: 8.08mg (9.8%), Fiber: 1.75g (7.01%), Vitamin A: 305.98IU (6.12%), Folate: 21.97µg (5.49%), Potassium: 180.57mg (5.16%), Manganese: 0.1mg (4.96%), Vitamin B6: 0.09mg (4.69%), Vitamin E: 0.57mg (3.83%), Copper: 0.06mg (3.1%), Vitamin B5: 0.3mg (3.03%), Vitamin B3: 0.53mg (2.67%), Magnesium: 10.08mg (2.52%), Phosphorus: 20.88mg (2.09%), Vitamin B2: 0.03mg (2.04%), Vitamin B1: 0.03mg (1.94%), Iron: 0.26mg (1.46%), Zinc: 0.2mg (1.36%), Calcium: 10.97mg (1.1%)