



Avocado-Red Onion Relish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



230 kcal

SIDE DISH

Ingredients

- 2 avocado diced
- 1 medium onion red finely chopped
- 1 tablespoon juice of lime fresh
- 1 serving salt and pepper

Equipment

Directions

Combine avocados, red onion, and lime juice. Season with salt and pepper.

Nutrition Facts

PROTEIN 4.94% **FAT 70.73%** **CARBS 24.33%**

Properties

Glycemic Index:22.33, Glycemic Load:1.74, Inflammation Score:-6, Nutrition Score:12.427391404691%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.47mg, Quercetin: 7.47mg, Quercetin: 7.47mg, Quercetin: 7.47mg

Nutrients (% of daily need)

Calories: 230.32kcal (11.52%), Fat: 19.74g (30.37%), Saturated Fat: 2.87g (17.94%), Carbohydrates: 15.28g (5.09%), Net Carbohydrates: 5.65g (2.06%), Sugar: 2.52g (2.8%), Cholesterol: 0mg (0%), Sodium: 75.54mg (3.28%), Alcohol: 0g (100%), Protein: 3.1g (6.21%), Fiber: 9.62g (38.49%), Folate: 116.01µg (29%), Vitamin K: 28.32µg (26.97%), Vitamin C: 17.61mg (21.35%), Potassium: 709.3mg (20.27%), Vitamin B6: 0.39mg (19.51%), Vitamin B5: 1.91mg (19.13%), Vitamin E: 2.79mg (18.61%), Copper: 0.27mg (13.52%), Manganese: 0.24mg (11.93%), Vitamin B3: 2.38mg (11.91%), Vitamin B2: 0.18mg (10.87%), Magnesium: 42.93mg (10.73%), Phosphorus: 81.01mg (8.1%), Vitamin B1: 0.11mg (7.19%), Zinc: 0.92mg (6.16%), Iron: 0.82mg (4.55%), Vitamin A: 198.87IU (3.98%), Calcium: 25.25mg (2.53%), Selenium: 0.72µg (1.03%)