



Avocado Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



108 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 avocado diced ripe seeded
- 0.3 teaspoon pepper black freshly ground
- 0.5 cup cherry tomatoes quartered
- 0.3 teaspoon chili powder
- 0.5 cup cucumber diced english
- 0.3 teaspoon ground cumin
- 2 tablespoons juice of lime fresh
- 2 teaspoons olive oil

2 tablespoons onion chopped

0.1 teaspoon salt

Equipment

bowl

Directions

Combine all ingredients in a medium bowl, tossing gently.

Serve at room temperature or chilled.

Nutrition Facts

PROTEIN 4.76% **FAT 72.22%** **CARBS 23.02%**

Properties

Glycemic Index:26, Glycemic Load:0.49, Inflammation Score:-4, Nutrition Score:5.9804347623949%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 108.39kcal (5.42%), Fat: 9.48g (14.59%), Saturated Fat: 1.36g (8.52%), Carbohydrates: 6.8g (2.27%), Net Carbohydrates: 3.04g (1.1%), Sugar: 1.36g (1.52%), Cholesterol: 0mg (0%), Sodium: 81.17mg (3.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.4g (2.81%), Fiber: 3.77g (15.06%), Vitamin C: 12.27mg (14.87%), Vitamin K: 14.82µg (14.11%), Folate: 45.8µg (11.45%), Vitamin E: 1.51mg (10.05%), Potassium: 325.87mg (9.31%), Vitamin B6: 0.16mg (8.07%), Vitamin B5: 0.77mg (7.74%), Manganese: 0.13mg (6.57%), Copper: 0.12mg (6.14%), Vitamin B3: 1.02mg (5.12%), Magnesium: 19.9mg (4.97%), Vitamin B2: 0.08mg (4.59%), Vitamin A: 221.27IU (4.43%), Phosphorus: 38.16mg (3.82%), Vitamin B1: 0.05mg (3.29%), Iron: 0.59mg (3.25%), Zinc: 0.4mg (2.67%), Calcium: 14.55mg (1.46%)