






 24%  
HEALTH SCORE

# Avocado Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN  
  
10 min.

SERVINGS  
  
6

CALORIES  
  
135 kcal

SIDE DISH ANTIPASTI STARTER SNACK

## Ingredients

- 2 avocado diced pitted peeled
- 0.3 cup cilantro leaves fresh chopped
- 1 bell pepper green chopped
- 0.5 juice of lime juiced
- 6 servings salt and pepper to taste
- 1 onion sweet chopped
- 1 large tomatoes ripe chopped

## Equipment

bowl

## Directions

In a medium bowl, combine avocados, onion, bell pepper, tomato, cilantro and lime juice. Gently toss until evenly coated. Season with salt and pepper.

## Nutrition Facts

 **PROTEIN 6.07%**  **FAT 60.86%**  **CARBS 33.07%**

## Properties

Glycemic Index:20, Glycemic Load:0.86, Inflammation Score:-7, Nutrition Score:9.6873913251835%

## Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 8.99mg, Quercetin: 8.99mg, Quercetin: 8.99mg, Quercetin: 8.99mg

## Nutrients (% of daily need)

Calories: 135.06kcal (6.75%), Fat: 9.99g (15.37%), Saturated Fat: 1.45g (9.05%), Carbohydrates: 12.22g (4.07%), Net Carbohydrates: 6.5g (2.36%), Sugar: 4.53g (5.04%), Cholesterol: 0mg (0%), Sodium: 205.36mg (8.93%), Alcohol: 0g (100%), Protein: 2.24g (4.49%), Vitamin C: 30.38mg (36.82%), Fiber: 5.72g (22.86%), Vitamin K: 20.18µg (19.22%), Folate: 74.15µg (18.54%), Vitamin B6: 0.31mg (15.73%), Potassium: 503.64mg (14.39%), Vitamin E: 1.66mg (11.05%), Vitamin B5: 1.04mg (10.38%), Manganese: 0.2mg (9.98%), Copper: 0.19mg (9.58%), Vitamin A: 470.67IU (9.41%), Vitamin B3: 1.53mg (7.63%), Magnesium: 30.09mg (7.52%), Vitamin B2: 0.11mg (6.52%), Phosphorus: 61.65mg (6.17%), Vitamin B1: 0.09mg (6.07%), Zinc: 0.58mg (3.89%), Iron: 0.68mg (3.76%), Calcium: 25.01mg (2.5%)