

Avocado Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 avocados
- 0.3 cup cilantro leaves fresh roughly chopped
- 3 tablespoons jalepenos from a jar green chopped
- 1 tablespoon juice of lime
- 8 servings salt
- 1 scallion thinly sliced

Equipment

- bowl

knife

Directions

Halve the avocados, remove the pits, and then, using the tip of a sharp knife, cut lines down the flesh of each half, about a 1/4-inch apart and then the same across. Turn the avocado halves inside out, or otherwise release the pale green cubes into a bowl, then tumble in the scallion, chopped jalepenos, salt to taste, lime juice and most of the cilantro and toss gently to mix. Taste to see if any more salt is needed before scattering with the remaining cilantro and taking to the table.;

Nutrition Facts

  
 **PROTEIN 4.85%**  **FAT 73.42%**  **CARBS 21.73%**

Properties

Glycemic Index:17, Glycemic Load:0.46, Inflammation Score:-3, Nutrition Score:5.3747825713261%

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: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 83.1kcal (4.15%), Fat: 7.41g (11.41%), Saturated Fat: 1.08g (6.73%), Carbohydrates: 4.94g (1.65%), Net Carbohydrates: 1.35g (0.49%), Sugar: 0.63g (0.7%), Cholesterol: 0mg (0%), Sodium: 197.98mg (8.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.1g (2.2%), Vitamin K: 16.26µg (15.49%), Vitamin C: 12.68mg (15.36%), Fiber: 3.58g (14.34%), Folate: 43.68µg (10.92%), Vitamin E: 1.27mg (8.44%), Vitamin B6: 0.16mg (7.75%), Potassium: 266.64mg (7.62%), Vitamin B5: 0.72mg (7.22%), Copper: 0.1mg (5.05%), Vitamin B3: 0.96mg (4.81%), Vitamin B2: 0.07mg (4.21%), Manganese: 0.08mg (4.11%), Magnesium: 16mg (4%), Vitamin A: 183.63IU (3.67%), Phosphorus: 28.65mg (2.87%), Vitamin B1: 0.04mg (2.5%), Zinc: 0.34mg (2.27%), Iron: 0.32mg (1.8%)