

Avocado Salsa

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

510 min.

SERVINGS

servings

4

CALORIES

calories

631 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 avocados diced pitted peeled
- ☐ 3 tablespoons cider vinegar
- ☐ 16 ounce corn kernels frozen thawed
- ☐ 5 cloves garlic minced
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.3 cup juice of lemon
- ☐ 0.3 cup olive oil
- ☐ 4.5 ounce olives ripe drained sliced canned

- ☐ 1 small onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 1 bell pepper red chopped
- ☐ 0.5 teaspoon salt

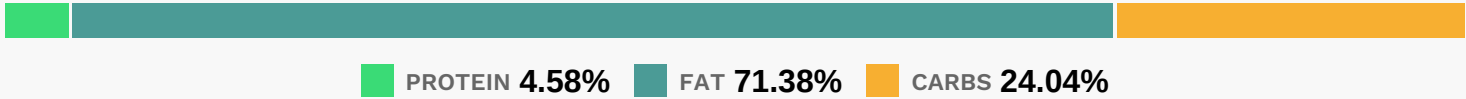
Equipment

- ☐ bowl

Directions

- ☐ In a large bowl, mix corn, olives, red bell pepper and onion.
- ☐ In a small bowl, mix garlic, olive oil, lemon juice, cider vinegar, oregano, salt and pepper.
- ☐ Pour into the corn mixture and toss to coat. Cover and chill in the refrigerator 8 hours, or overnight.
- ☐ Stir avocados into the mixture before serving.

Nutrition Facts



Properties

Glycemic Index:51.5, Glycemic Load:2.63, Inflammation Score:-9, Nutrition Score:28.445217516111%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 630.93kcal (31.55%), Fat: 54g (83.08%), Saturated Fat: 7.74g (48.35%), Carbohydrates: 40.92g (13.64%), Net Carbohydrates: 22.81g (8.29%), Sugar: 9.01g (10.02%), Cholesterol: 0mg (0%), Sodium: 1038.53mg (45.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.8g (15.59%), Vitamin C: 68.37mg (82.88%), Fiber: 18.11g (72.44%), Vitamin E: 8.66mg (57.75%), Folate: 227.12µg (56.78%), Vitamin K: 58.6µg (55.81%), Vitamin B6: 0.74mg (36.77%), Potassium: 1275.07mg (36.43%), Vitamin B5: 3.37mg (33.68%), Manganese: 0.62mg (31.04%), Vitamin A: 1412.78IU (28.26%), Vitamin B3: 5.08mg (25.42%), Copper: 0.49mg (24.54%), Vitamin B2: 0.4mg (23.76%), Magnesium: 86.06mg (21.52%), Phosphorus: 179.76mg (17.98%), Vitamin B1: 0.22mg (14.65%), Zinc: 1.84mg (12.26%), Iron: 2.14mg (11.9%), Calcium: 68.16mg (6.82%), Selenium: 2.48µg (3.55%)