



Avocado Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



18 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

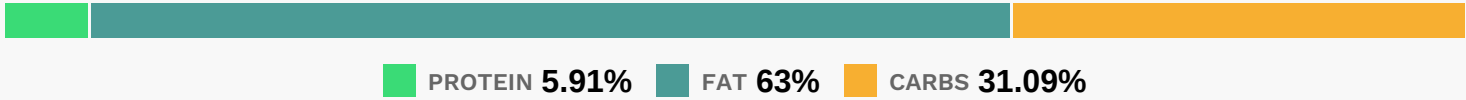
- ☐ 0.5 cup avocado peeled finely chopped
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 tablespoon jalapeno seeded finely chopped
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2 tablespoons onion finely chopped
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup tomatoes seeded chopped

Equipment

Directions

- ☐ Combine all ingredients; toss mixture gently.
- ☐ Serve salsa immediately.

Nutrition Facts



Properties

Glycemic Index:21.13, Glycemic Load:0.21, Inflammation Score:-1, Nutrition Score:1.3956521671751%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg 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: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 18.14kcal (0.91%), Fat: 1.4g (2.16%), Saturated Fat: 0.2g (1.28%), Carbohydrates: 1.56g (0.52%), Net Carbohydrates: 0.75g (0.27%), Sugar: 0.44g (0.49%), Cholesterol: 0mg (0%), Sodium: 37.52mg (1.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.3g (0.59%), Vitamin C: 4.77mg (5.79%), Fiber: 0.81g (3.23%), Vitamin K: 2.98µg (2.84%), Folate: 9.72µg (2.43%), Vitamin B6: 0.04mg (2.04%), Potassium: 70.94mg (2.03%), Vitamin E: 0.3mg (2%), Vitamin A: 89.98IU (1.8%), Vitamin B5: 0.15mg (1.47%), Manganese: 0.03mg (1.3%), Copper: 0.02mg (1.2%), Vitamin B3: 0.23mg (1.15%), Magnesium: 4.1mg (1.02%)