



Avocado Salsa (Guasacaca)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



42 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups avocado peeled chopped (2)
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon dijon mustard
- ☐ 3 tablespoons olive oil extravirgin
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 large garlic clove minced
- ☐ 3 tablespoons jalapeno seeded finely chopped
- ☐ 2 cups onion finely chopped

- ☐ 0.3 teaspoon pepper sauce hot
- ☐ 1 pound plum tomatoes seeded chopped
- ☐ 0.8 cup bell pepper red finely chopped (1 small)
- ☐ 0.8 teaspoon sea salt
- ☐ 3 tablespoons citrus champagne vinegar

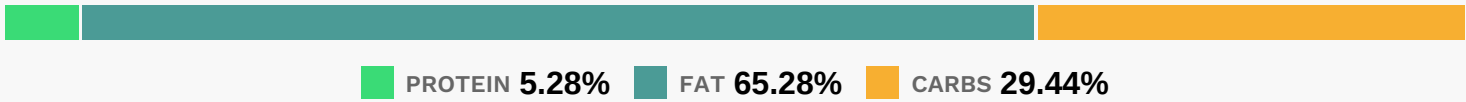
Equipment

- ☐ bowl

Directions

- ☐ Combine first 9 ingredients in a large bowl; toss mixture gently. Cover and refrigerate 3 hours. Stir in avocado and remaining ingredients just before serving.

Nutrition Facts



Properties

Glycemic Index:12.29, Glycemic Load:0.63, Inflammation Score:-4, Nutrition Score:2.8934782600921%

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 Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg

Nutrients (% of daily need)

Calories: 41.69kcal (2.08%), Fat: 3.21g (4.94%), Saturated Fat: 0.46g (2.86%), Carbohydrates: 3.26g (1.09%), Net Carbohydrates: 2.01g (0.73%), Sugar: 1.4g (1.56%), Cholesterol: 0mg (0%), Sodium: 78.67mg (3.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.58g (1.17%), Vitamin C: 12.79mg (15.5%), Vitamin A: 339.98IU (6.8%), Vitamin K: 5.29µg (5.04%), Fiber: 1.25g (5%), Vitamin E: 0.69mg (4.62%), Vitamin B6: 0.08mg (3.92%), Folate: 15.66µg (3.91%), Potassium: 126.29mg (3.61%), Manganese: 0.07mg (3.3%), Vitamin B5: 0.19mg (1.86%), Copper:

0.04mg (1.85%), Vitamin B3: 0.36mg (1.82%), Magnesium: 7.23mg (1.81%), Vitamin B1: 0.02mg (1.56%), Phosphorus: 15.6mg (1.56%), Vitamin B2: 0.03mg (1.47%), Iron: 0.18mg (1.01%)