



15%
HEALTH SCORE

Avocado, Tomato and Mango Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



158 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 avocado diced pitted peeled
- 0.5 cup cilantro leaves fresh chopped
- 3 cloves garlic minced
- 1 jalapeno minced seeded
- 2 tablespoons juice of lime fresh
- 1 mangos diced peeled seeded
- 3 tablespoons olive oil
- 0.3 cup onion red chopped

- 1 teaspoon salt
- 4 medium tomatoes diced

Equipment

- bowl

Directions

- In a medium bowl, combine the mango, avocado, tomatoes, jalapeno, cilantro, and garlic. Stir in the salt, lime juice, red onion, and olive oil. To blend the flavors, refrigerate for about 30 minutes before serving.

Nutrition Facts

 **PROTEIN 4.51%**  **FAT 64.95%**  **CARBS 30.54%**

Properties

Glycemic Index:41.79, Glycemic Load:3.78, Inflammation Score:-8, Nutrition Score:9.5847824604615%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg

Nutrients (% of daily need)

Calories: 158.07kcal (7.9%), Fat: 12.25g (18.85%), Saturated Fat: 1.74g (10.88%), Carbohydrates: 12.96g (4.32%), Net Carbohydrates: 8.92g (3.24%), Sugar: 7.59g (8.44%), Cholesterol: 0mg (0%), Sodium: 395.82mg (17.21%), Alcohol: 0g (100%), Protein: 1.91g (3.83%), Vitamin C: 32.73mg (39.67%), Vitamin A: 1223.16IU (24.46%), Vitamin K: 23.82µg (22.69%), Vitamin E: 2.59mg (17.23%), Fiber: 4.05g (16.19%), Folate: 57.54µg (14.38%), Potassium: 449.26mg

(12.84%), Vitamin B6: 0.23mg (11.65%), Manganese: 0.21mg (10.32%), Copper: 0.16mg (8.16%), Vitamin B3: 1.37mg (6.85%), Vitamin B5: 0.64mg (6.45%), Magnesium: 24.33mg (6.08%), Phosphorus: 48.1mg (4.81%), Vitamin B1: 0.07mg (4.77%), Vitamin B2: 0.08mg (4.72%), Iron: 0.58mg (3.2%), Zinc: 0.43mg (2.86%), Calcium: 22.45mg (2.24%)