



Avocado-Tomato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



66 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 avocado ripe peeled coarsely chopped
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 cups grape tomatoes halved
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.1 teaspoon kosher salt
- ☐ 2 tablespoons juice of lime fresh

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0.5 cup onion white vertically sliced

Equipment

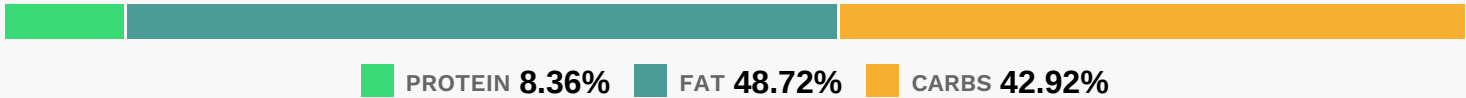
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whisk

Directions

- ☐ Combine lime juice, cumin, black pepper, ground red pepper, and salt; stir with a whisk.
- ☐ Add tomatoes, onion, cilantro, and avocado; toss gently to combine.

Nutrition Facts



Properties

Glycemic Index:51.5, Glycemic Load:1.4, Inflammation Score:-6, Nutrition Score:6.3830435638842%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 5.06mg, Quercetin: 5.06mg, Quercetin: 5.06mg, Quercetin: 5.06mg

Nutrients (% of daily need)

Calories: 66.3kcal (3.32%), Fat: 4.01g (6.17%), Saturated Fat: 0.58g (3.62%), Carbohydrates: 7.95g (2.65%), Net Carbohydrates: 4.86g (1.77%), Sugar: 3.13g (3.48%), Cholesterol: 0mg (0%), Sodium: 80.47mg (3.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.55g (3.1%), Vitamin C: 16.85mg (20.43%), Vitamin A: 787.94IU (15.76%), Vitamin K: 14.72µg (14.02%), Fiber: 3.09g (12.37%), Potassium: 354.74mg (10.14%), Manganese: 0.19mg (9.37%), Folate: 36.9µg (9.22%), Vitamin B6: 0.16mg (7.91%), Vitamin E: 1.02mg (6.82%), Copper: 0.11mg (5.51%), Magnesium: 20.58mg (5.14%), Vitamin B3: 0.96mg (4.8%), Vitamin B5: 0.46mg (4.57%), Iron: 0.76mg (4.22%), Phosphorus: 41.33mg (4.13%), Vitamin B1: 0.06mg (3.99%), Vitamin B2: 0.06mg (3.41%), Zinc: 0.36mg (2.41%), Calcium: 22.22mg (2.22%)