

Avocado Tomato Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



207 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 avocado peeled cut into 1/4-inch dice
- 0.5 cup cilantro leaves fresh chopped
- 1 tablespoon garlic minced
- 1 jalapeno cored seeded to taste
- 4.5 juice of lime
- 2 tablespoons olive oil extra virgin fruity extra-virgin
- 1 teaspoon salt
- 1 cup spring onion minced

0.8 pound tomatoes ripe rinsed drained

Equipment

bowl

Directions

First

Cut the tomatoes in half and scoop out the seeds.

Cut into 1/2-inch dice and put in a serving bowl.

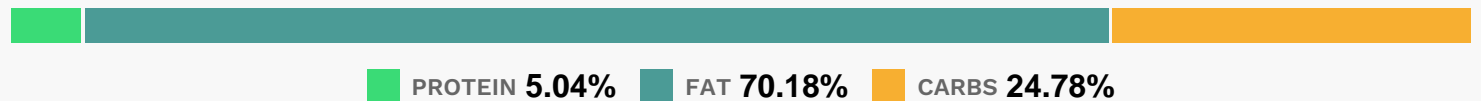
Second

Add the remaining ingredients and carefully stir to mix evenly. Taste for seasoning and adjust if necessary. Use as directed in the recipe or served with any type of grilled meat, seafood, or vegetable.

Taste

Book, using the USDA Nutrition Database

Nutrition Facts



Properties

Glycemic Index:40.8, Glycemic Load:1.77, Inflammation Score:-8, Nutrition Score:14.459130349367%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg Hesperetin: 2.42mg, Hesperetin: 2.42mg, Hesperetin: 2.42mg, Hesperetin: 2.42mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg

Nutrients (% of daily need)

Calories: 207.1kcal (10.36%), Fat: 17.64g (27.14%), Saturated Fat: 2.52g (15.73%), Carbohydrates: 14.02g (4.67%), Net Carbohydrates: 7.03g (2.56%), Sugar: 3.39g (3.76%), Cholesterol: 0mg (0%), Sodium: 479.07mg (20.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.69%), Vitamin K: 72.7µg (69.24%), Vitamin C: 33.47mg (40.57%), Fiber: 6.99g (27.95%), Folate: 92.63µg (23.16%), Vitamin E: 3.15mg (20.99%), Vitamin A: 1035.34IU (20.71%), Potassium: 659.83mg (18.85%), Vitamin B6: 0.32mg (15.87%), Manganese: 0.27mg (13.3%), Vitamin B5: 1.25mg (12.53%), Copper: 0.23mg (11.34%), Vitamin B3: 2.01mg (10.06%), Magnesium: 38.21mg (9.55%), Vitamin B2: 0.14mg (8.46%), Phosphorus: 73.26mg (7.33%), Vitamin B1: 0.1mg (6.81%), Iron: 1.04mg (5.8%), Zinc: 0.76mg (5.08%), Calcium: 39.28mg (3.93%), Selenium: 0.72µg (1.03%)