



Cantaloupe Avocado Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



164 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 avocado cubed
- ☐ 3 cups cantaloupe cut into 1/2-in. dice
- ☐ 0.1 tsp cayenne
- ☐ 0.5 cup cilantro leaves
- ☐ 1 cup jicama peeled cut into 1/2-in. dice
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 cup juice of lime fresh
- ☐ 2 tablespoons olive oil

☐ 0.3 cup onion red chopped

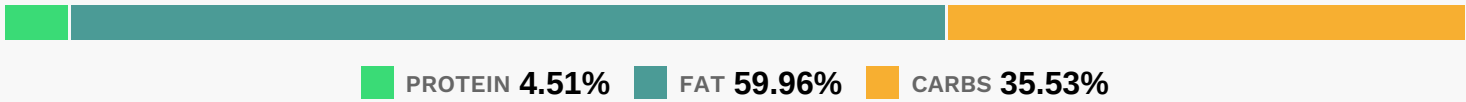
Equipment

☐ bowl

Directions

- ☐ In a large bowl, combine cantaloupe, jicama, onion, lime juice, oil, cayenne, salt, and cilantro. Gently mix in avocado.
- ☐ Serve over grilled flank steak or as a side dish.

Nutrition Facts



Properties

Glycemic Index:42.7, Glycemic Load:5.45, Inflammation Score:-9, Nutrition Score:11.009999917901%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg

Nutrients (% of daily need)

Calories: 164.15kcal (8.21%), Fat: 11.74g (18.06%), Saturated Fat: 1.69g (10.57%), Carbohydrates: 15.66g (5.22%), Net Carbohydrates: 10.63g (3.87%), Sugar: 8.97g (9.97%), Cholesterol: 0mg (0%), Sodium: 266.73mg (11.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.97%), Vitamin A: 3443.83IU (68.88%), Vitamin C: 24.62mg (29.84%), Fiber: 5.02g (20.09%), Vitamin K: 19.59µg (18.66%), Folate: 53.4µg (13.35%), Vitamin E: 1.89mg (12.59%), Potassium: 423.77mg (12.11%), Copper: 0.18mg (9.09%), Vitamin B6: 0.17mg (8.68%), Magnesium: 29.78mg (7.45%), Vitamin B3: 1.47mg (7.34%), Vitamin B5: 0.73mg (7.31%), Manganese: 0.14mg (6.81%), Vitamin B1: 0.09mg (5.89%), Vitamin B2: 0.09mg (5.5%), Zinc: 0.76mg (5.06%), Phosphorus: 47.59mg (4.76%), Iron: 0.84mg (4.67%), Selenium: 2.06µg (2.94%), Calcium: 22.07mg (2.21%)