



Chunky Salsa Verde



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 avocado diced



0.3 cup cilantro leaves fresh chopped



0.5 cup tomatoes green chopped



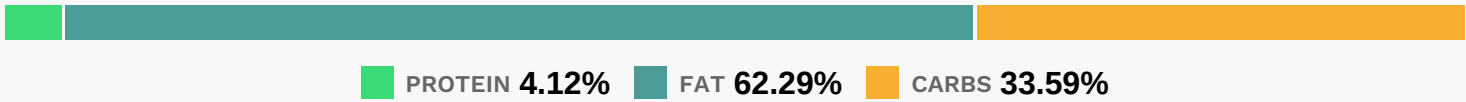
11.5 oz salsa verde

Equipment

Directions

Stir together all ingredients.

Nutrition Facts



Properties

Glycemic Index:7.2, Glycemic Load:0.15, Inflammation Score:-3, Nutrition Score:2.5469565307317%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 49.64kcal (2.48%), Fat: 3.48g (5.36%), Saturated Fat: 0.43g (2.69%), Carbohydrates: 4.23g (1.41%), Net Carbohydrates: 2.77g (1.01%), Sugar: 2.53g (2.82%), Cholesterol: 0mg (0%), Sodium: 237.17mg (10.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.52g (1.04%), Vitamin C: 5.46mg (6.62%), Vitamin A: 317.88IU (6.36%), Vitamin K: 6.37µg (6.07%), Fiber: 1.46g (5.83%), Potassium: 184.11mg (5.26%), Folate: 17.34µg (4.33%), Vitamin B5: 0.33mg (3.26%), Vitamin E: 0.46mg (3.07%), Vitamin B6: 0.06mg (2.98%), Copper: 0.05mg (2.36%), Vitamin B3: 0.4mg (2%), Manganese: 0.04mg (1.96%), Vitamin B2: 0.03mg (1.79%), Magnesium: 6.83mg (1.71%), Phosphorus: 13.16mg (1.32%), Vitamin B1: 0.02mg (1.28%)