



Chunky Tomato-Avocado Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



94 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

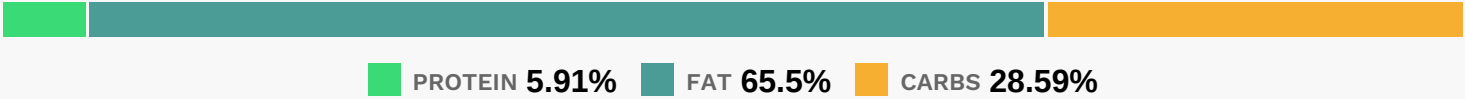
- ☐ 1 avocado pitted cubed peeled
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 2 tablespoons juice of lemon
- ☐ 3 plum tomatoes chopped
- ☐ 0.3 cup onion sweet chopped

Equipment

Directions

☐ Gently stir ingredients together; cover and refrigerate overnight.

Nutrition Facts



Properties

Glycemic Index:27.5, Glycemic Load:0.84, Inflammation Score:-5, Nutrition Score:6.5204347527545%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 93.64kcal (4.68%), Fat: 7.51g (11.55%), Saturated Fat: 1.09g (6.79%), Carbohydrates: 7.37g (2.46%), Net Carbohydrates: 3.33g (1.21%), Sugar: 2.25g (2.5%), Cholesterol: 0mg (0%), Sodium: 6.76mg (0.29%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.52g (3.05%), Vitamin C: 14.81mg (17.95%), Fiber: 4.04g (16.16%), Vitamin K: 14.57µg (13.87%), Folate: 51.54µg (12.88%), Potassium: 374.06mg (10.69%), Vitamin A: 468.01IU (9.36%), Vitamin B6: 0.18mg (9.15%), Vitamin E: 1.31mg (8.71%), Vitamin B5: 0.76mg (7.6%), Manganese: 0.13mg (6.66%), Copper: 0.13mg (6.5%), Vitamin B3: 1.17mg (5.86%), Magnesium: 21.06mg (5.27%), Vitamin B2: 0.08mg (4.56%), Phosphorus: 40.64mg (4.06%), Vitamin B1: 0.06mg (3.79%), Zinc: 0.42mg (2.79%), Iron: 0.44mg (2.42%), Calcium: 13.2mg (1.32%)