



Chunky Tomato-Avocado Salsa



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



161 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 avocado ripe peeled chopped
- ☐ 2 ounces feta with basil and sun-dried tomatoes crumbled reduced-fat
- ☐ 1 garlic clove minced
- ☐ 2 cups grape tomatoes halved
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 2 tablespoons red wine vinegar

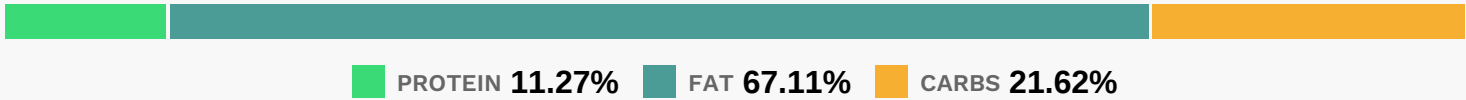
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 4 ingredients in a large bowl, stirring with a whisk.
- ☐ Add tomato halves, cheese, and avocado; toss gently.

Nutrition Facts



Properties

Glycemic Index:28.25, Glycemic Load:1.22, Inflammation Score:-9, Nutrition Score:8.546956528788%

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 Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 160.98kcal (8.05%), Fat: 12.86g (19.79%), Saturated Fat: 2.61g (16.29%), Carbohydrates: 9.33g (3.11%), Net Carbohydrates: 4.52g (1.64%), Sugar: 2.86g (3.17%), Cholesterol: 7.59mg (2.53%), Sodium: 134.91mg (5.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.86g (9.72%), Vitamin K: 26.33µg (25.08%), Fiber: 4.81g (19.23%), Vitamin C: 15.53mg (18.83%), Vitamin E: 2.18mg (14.5%), Vitamin A: 715.28IU (14.31%), Folate: 54.86µg (13.72%), Potassium: 441.99mg (12.63%), Manganese: 0.23mg (11.73%), Vitamin B6: 0.21mg (10.55%), Vitamin B5: 0.78mg (7.8%), Copper: 0.15mg (7.52%), Vitamin B3: 1.38mg (6.9%), Magnesium: 26.63mg (6.66%), Iron: 1mg (5.58%), Vitamin B2: 0.09mg (5.11%), Phosphorus: 47.61mg (4.76%), Vitamin B1: 0.06mg (4.33%), Calcium: 35.28mg (3.53%), Zinc: 0.49mg (3.29%)