



# Cilantro, Avocado, Tomato, and Feta Salad

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



10

CALORIES



182 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 4 avocado diced pitted peeled
- 3 bunches cilantro leaves chopped
- 4 ounces alouette garlic & herbs spreadable cheese crumbled
- 3 bunches spring onion sliced
- 10 servings pepper black to taste
- 3 jalapeno diced seeded
- 2 tablespoons juice of lemon fresh
- 8 roma tomatoes diced (plum)

# Equipment

bowl

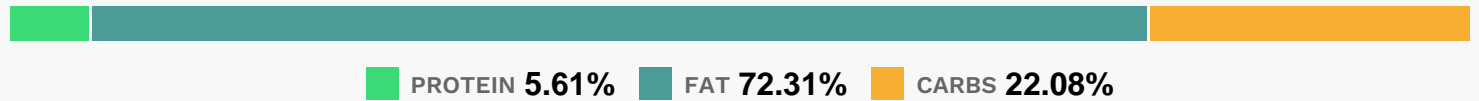
# Directions

Combine the tomatoes, jalapeno peppers, green onion, and feta cheese in a large bowl; toss together.

Add the diced avocado; drizzle the lemon juice over the avocado to keep it from turning brown. Stir in the cilantro. Season with salt and pepper.

Mix well and serve.

# Nutrition Facts



# Properties

Glycemic Index:20.6, Glycemic Load:1.27, Inflammation Score:-7, Nutrition Score:11.096086971138%

# 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: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg

# Nutrients (% of daily need)

Calories: 182kcal (9.1%), Fat: 15.91g (24.48%), Saturated Fat: 3.95g (24.72%), Carbohydrates: 10.93g (3.64%), Net Carbohydrates: 4.55g (1.65%), Sugar: 2.27g (2.53%), Cholesterol: 12.33mg (4.11%), Sodium: 72.17mg (3.14%), Alcohol: 0g (100%), Protein: 2.78g (5.56%), Vitamin K: 44.09µg (41.99%), Vitamin C: 22.98mg (27.85%), Fiber: 6.39g (25.55%), Folate: 80.41µg (20.1%), Vitamin A: 810.29IU (16.21%), Potassium: 554.7mg (15.85%), Vitamin E: 2.19mg (14.58%), Vitamin B6: 0.27mg (13.68%), Vitamin B5: 1.2mg (11.99%), Manganese: 0.21mg (10.48%), Copper: 0.2mg (9.86%), Vitamin B3: 1.82mg (9.08%), Magnesium: 31.82mg (7.95%), Vitamin B2: 0.13mg (7.48%), Phosphorus: 59.02mg (5.9%), Vitamin B1: 0.08mg (5.35%), Zinc: 0.65mg (4.32%), Iron: 0.75mg (4.15%), Calcium: 22.53mg (2.25%)