



Citrus-Avocado Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



25 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup avocado diced peeled (1 small)
- ☐ 1 teaspoon lemon rind grated
- ☐ 1 teaspoon lime rind grated
- ☐ 3 cups orange sections coarsely chopped (6 oranges)
- ☐ 0.3 cup onion red finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 serrano chile minced seeded

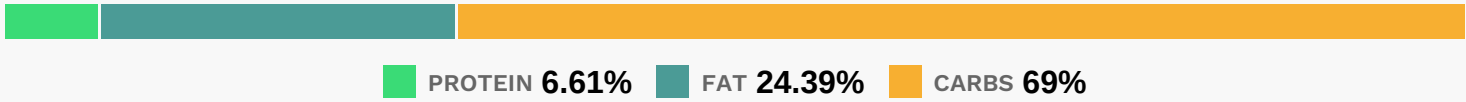
Equipment

bowl

Directions

Combine all ingredients in a medium bowl; toss well.

Nutrition Facts



Properties

Glycemic Index:8.84, Glycemic Load:1.44, Inflammation Score:-2, Nutrition Score:2.2817391312641%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Hesperetin: 9.25mg, Hesperetin: 9.25mg, Hesperetin: 9.25mg Naringenin: 5.17mg, Naringenin: 5.17mg, Naringenin: 5.17mg, Naringenin: 5.17mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 24.58kcal (1.23%), Fat: 0.73g (1.13%), Saturated Fat: 0.11g (0.66%), Carbohydrates: 4.67g (1.56%), Net Carbohydrates: 3.48g (1.26%), Sugar: 3.31g (3.68%), Cholesterol: 0mg (0%), Sodium: 36.81mg (1.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.45g (0.9%), Vitamin C: 18.97mg (23%), Fiber: 1.2g (4.79%), Folate: 14.51µg (3.63%), Potassium: 88.95mg (2.54%), Vitamin B1: 0.03mg (2.26%), Vitamin B6: 0.04mg (1.87%), Vitamin A: 86.47IU (1.73%), Vitamin B5: 0.15mg (1.54%), Calcium: 14.91mg (1.49%), Copper: 0.03mg (1.29%), Magnesium: 5.09mg (1.27%), Vitamin B2: 0.02mg (1.22%), Vitamin E: 0.16mg (1.08%)