



Colombian Avocado Salsa



Vegetarian



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



3

CALORIES



278 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 ounce avocado mashed ()
- ☐ 0.3 cup pepper flakes fresh seeded chopped (if desired)
- ☐ 0.8 cup cilantro leaves chopped
- ☐ 1.5 teaspoons scotch bonnet peppers fresh with seeds finely chopped
- ☐ 2 large hardboiled eggs coarsely chopped
- ☐ 1 cup tomatoes chopped
- ☐ 6 tablespoons vinegar white
- ☐ 1 cup onion white chopped

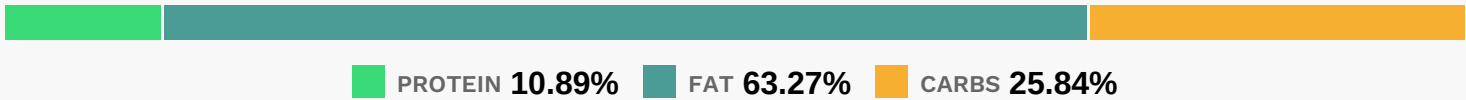
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Purée chiles, vinegar, and 1 teaspoon salt in a blender.
- ☐ Transfer to a bowl and stir in remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:92.33, Glycemic Load:3.08, Inflammation Score:-8, Nutrition Score:19.567391437033%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 13.23mg, Quercetin: 13.23mg, Quercetin: 13.23mg, Quercetin: 13.23mg

Nutrients (% of daily need)

Calories: 277.71kcal (13.89%), Fat: 20.46g (31.48%), Saturated Fat: 3.55g (22.18%), Carbohydrates: 18.8g (6.27%), Net Carbohydrates: 9.31g (3.38%), Sugar: 5.75g (6.39%), Cholesterol: 124.33mg (41.44%), Sodium: 58.09mg (2.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.93g (15.86%), Vitamin C: 50.66mg (61.41%), Vitamin K: 43.13µg (41.08%), Fiber: 9.5g (38%), Folate: 130.98µg (32.75%), Vitamin B6: 0.54mg (26.91%), Potassium: 870.64mg (24.88%), Vitamin A: 1205.73IU (24.11%), Vitamin B5: 2.21mg (22.12%), Vitamin B2: 0.37mg (21.48%), Vitamin E: 3.2mg (21.34%), Manganese: 0.37mg (18.28%), Selenium: 11.28µg (16.11%), Phosphorus: 155.11mg (15.51%), Copper: 0.31mg (15.27%), Magnesium: 52.78mg (13.19%), Vitamin B3: 2.63mg (13.17%), Vitamin B1: 0.16mg (10.49%), Zinc: 1.32mg (8.83%), Iron: 1.54mg (8.58%), Vitamin B12: 0.37µg (6.17%), Calcium: 54.79mg (5.48%), Vitamin D: 0.73µg (4.89%)