



Corn and Avocado Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



317 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 avocados pitted cubed peeled
- ☐ 3 ears corn fresh
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon garlic minced
- ☐ 1 tablespoon ground cumin
- ☐ 0.3 cup juice of lime fresh
- ☐ 2 tablespoons olive oil
- ☐ 1 bell pepper diced red seeded

- ☐ 1 onion diced red finely
- ☐ 1 teaspoon pepper flakes red crushed
- ☐ 0.3 cup red wine vinegar
- ☐ 4 servings salt and pepper black to taste

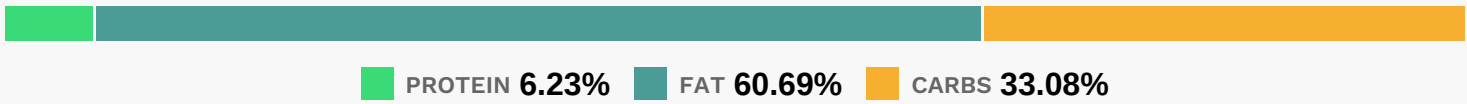
Equipment

- ☐ bowl
- ☐ knife
- ☐ pot

Directions

- ☐ Place the corn in a large pot with enough water to cover, and bring to a boil. Cook until kernels are tender but crisp, about 5 minutes.
- ☐ Drain, and cool in cold water. Use a knife to scrape kernels from the cobs.
- ☐ Place kernels in a medium bowl. Stir in avocados, red onion, bell pepper, and garlic.
- ☐ Add cumin, red pepper flakes, and oregano.
- ☐ Mix in vinegar, olive oil, and lime juice. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:1.89, Inflammation Score:-9, Nutrition Score:19.032608830411%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg

Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.29mg, Quercetin: 6.29mg, Quercetin: 6.29mg, Quercetin: 6.29mg

Nutrients (% of daily need)

Calories: 317.28kcal (15.86%), Fat: 23.23g (35.74%), Saturated Fat: 3.39g (21.21%), Carbohydrates: 28.5g (9.5%), Net Carbohydrates: 18.86g (6.86%), Sugar: 7.66g (8.51%), Cholesterol: 0mg (0%), Sodium: 226.8mg (9.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.37g (10.74%), Vitamin C: 60.41mg (73.22%), Fiber: 9.64g (38.55%), Folate: 131.15µg (32.79%), Vitamin K: 30.92µg (29.45%), Vitamin A: 1447.5IU (28.95%), Vitamin E: 3.91mg (26.08%), Vitamin B6: 0.49mg (24.48%), Potassium: 847.97mg (24.23%), Manganese: 0.43mg (21.51%), Vitamin B5: 2.05mg (20.49%), Magnesium: 69.45mg (17.36%), Vitamin B3: 3.44mg (17.2%), Vitamin B1: 0.22mg (14.65%), Phosphorus: 144.28mg (14.43%), Copper: 0.28mg (13.78%), Iron: 2.37mg (13.15%), Vitamin B2: 0.22mg (12.72%), Zinc: 1.22mg (8.1%), Calcium: 45.22mg (4.52%), Selenium: 1.46µg (2.09%)