



## Corn and Avocado Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



12

CALORIES



113 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 11 oz corn kernels whole green red drained canned
- 1 medium tomatoes seeded chopped
- 2 tablespoons spring onion sliced
- 2 tablespoons cilantro leaves fresh chopped
- 2 tablespoons juice of lime fresh
- 1 tablespoon vegetable oil
- 0.3 teaspoon garlic salt
- 0.3 teaspoon sauce of the chicken from the turbo broiler

- 1 medium avocado pitted peeled coarsely chopped
- 5 oz tortilla chips

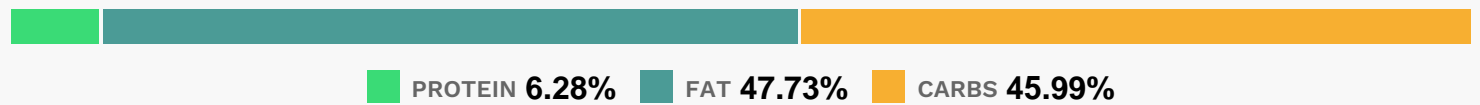
## Equipment

- bowl
- whisk

## Directions

- In medium bowl, mix corn, tomato, green onions and cilantro. In small bowl, mix lime juice, oil, garlic salt and pepper sauce with whisk until blended; pour over corn mixture. Stir to coat. Gently stir in avocado.
- Cover and refrigerate at least 1 hour to blend flavors.
- Serve with chips.

## Nutrition Facts



## Properties

Glycemic Index:11.83, Glycemic Load:0.24, Inflammation Score:-3, Nutrition Score:3.8678261352622%

## Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

## Nutrients (% of daily need)

Calories: 112.79kcal (5.64%), Fat: 6.38g (9.82%), Saturated Fat: 0.93g (5.8%), Carbohydrates: 13.84g (4.61%), Net Carbohydrates: 11.4g (4.14%), Sugar: 1.69g (1.88%), Cholesterol: 0mg (0%), Sodium: 145.54mg (6.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.78%), Vitamin K: 11.17µg (10.64%), Fiber: 2.44g (9.76%), Folate: 27.07µg (6.77%), Vitamin E: 0.95mg (6.32%), Vitamin C: 4.45mg (5.4%), Phosphorus: 50.45mg (5.05%),

Magnesium: 19.7mg (4.93%), Vitamin B5: 0.48mg (4.78%), Potassium: 167.37mg (4.78%), Vitamin B6: 0.08mg (4.18%), Vitamin B3: 0.72mg (3.6%), Manganese: 0.07mg (3.38%), Vitamin B2: 0.06mg (3.32%), Copper: 0.06mg (2.98%), Vitamin B1: 0.04mg (2.83%), Vitamin A: 137.6IU (2.75%), Zinc: 0.38mg (2.51%), Iron: 0.39mg (2.16%), Calcium: 17.48mg (1.75%), Selenium: 0.75µg (1.07%)