



Corn-and-Avocado Salsa



Gluten Free



Dairy Free

READY IN



33 min.

SERVINGS



25

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 avocados diced ripe
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 4 cups corn kernels fresh
- ☐ 0.5 cup green onions chopped
- ☐ 0.5 jalapeno seeded chopped
- ☐ 0.3 cup juice of lime fresh
- ☐ 2 tablespoons orange juice
- ☐ 0.5 teaspoon pepper

- ☐ 1 bell pepper red chopped
- ☐ 0.8 teaspoon salt
- ☐ 1 tablespoon fajita seasoning
- ☐ 2 tablespoons vegetable oil

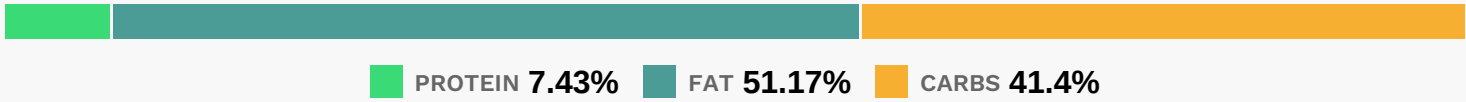
Equipment

- ☐ frying pan

Directions

- ☐ Saut first 3 ingredients in hot oil in a large skillet over medium-high heat 6 to 8 minutes or until corn is slightly golden.
- ☐ Remove from heat; let cool.
- ☐ Stir together corn mixture, bell pepper, and next 6 ingredients. Cover and chill at least 30 minutes. Stir in avocado just before serving.
- ☐ Note: For testing purposes only, we used Badia Fajita Seasoning.

Nutrition Facts



Properties

Glycemic Index:10.28, Glycemic Load:0.3, Inflammation Score:-3, Nutrition Score:4.2143478186234%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 60.18kcal (3.01%), Fat: 3.82g (5.87%), Saturated Fat: 0.6g (3.74%), Carbohydrates: 6.95g (2.32%), Net Carbohydrates: 4.97g (1.81%), Sugar: 2g (2.22%), Cholesterol: 0mg (0%), Sodium: 75.18mg (3.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.25g (2.49%), Vitamin C: 11.45mg (13.88%), Vitamin K: 14.13µg (13.45%), Fiber: 1.98g (7.92%), Folate: 28.47µg (7.12%), Manganese: 0.11mg (5.28%), Vitamin A: 263.86IU (5.28%), Potassium: 171.27mg (4.89%), Vitamin B6: 0.09mg (4.36%), Vitamin E: 0.65mg (4.35%), Vitamin B5: 0.42mg (4.2%), Magnesium: 16.31mg (4.08%), Vitamin B3: 0.79mg (3.95%), Vitamin B1: 0.05mg (3.57%), Phosphorus: 32.65mg (3.26%), Iron: 0.49mg (2.72%), Copper: 0.05mg (2.58%), Vitamin B2: 0.04mg (2.57%), Zinc: 0.25mg (1.66%), Calcium: 14.46mg (1.45%)