



Corn, Avocado, and Tomato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



157 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 avocado cut into 1/2-inch cubes
- ☐ 1 pint cherry tomatoes halved
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 2 cups regular corn fresh cooked
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.5 teaspoon lime zest grated
- ☐ 2 tablespoons olive oil
- ☐ 0.3 teaspoon pepper

- ☐ 0.5 cup onion diced red finely
- ☐ 0.3 teaspoon salt

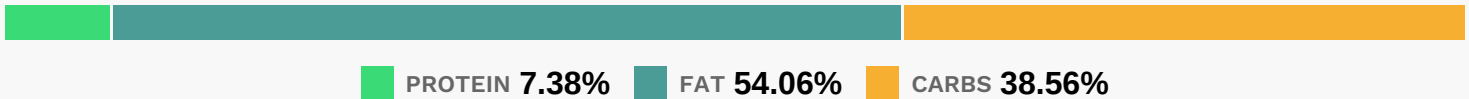
Equipment

- ☐ bowl

Directions

- ☐ Combine the corn, avocado, tomatoes and onion in a large glass bowl.
- ☐ Mix together the dressing ingredients in another bowl, pour over the salad, and gently toss to mix.

Nutrition Facts



Properties

Glycemic Index:27.17, Glycemic Load:0.54, Inflammation Score:-6, Nutrition Score:9.1130435155786%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.62mg, Quercetin: 3.62mg, Quercetin: 3.62mg, Quercetin: 3.62mg

Nutrients (% of daily need)

Calories: 156.99kcal (7.85%), Fat: 10.35g (15.93%), Saturated Fat: 1.53g (9.58%), Carbohydrates: 16.61g (5.54%), Net Carbohydrates: 12.57g (4.57%), Sugar: 5.83g (6.47%), Cholesterol: 0mg (0%), Sodium: 116.17mg (5.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.18g (6.36%), Vitamin C: 26.58mg (32.22%), Fiber: 4.04g (16.18%), Folate: 60.91µg (15.23%), Potassium: 492.1mg (14.06%), Vitamin K: 14.47µg (13.78%), Vitamin E: 1.87mg (12.45%), Manganese: 0.24mg (12.03%), Vitamin A: 571.97IU (11.44%), Vitamin B6: 0.21mg (10.58%), Vitamin B3: 1.89mg (9.43%), Vitamin B5: 0.94mg (9.38%), Magnesium: 36.56mg (9.14%), Vitamin B1: 0.13mg (8.87%), Phosphorus:

87.22mg (8.72%), Copper: 0.16mg (7.88%), Iron: 1.05mg (5.83%), Vitamin B2: 0.09mg (5.45%), Zinc: 0.58mg (3.84%), Calcium: 18.06mg (1.81%), Selenium: 0.9µg (1.28%)