




 **71%**
HEALTH SCORE

Corn Avocado Salsa


 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN




25 min.

SERVINGS



2

CALORIES



237 kcal

ANTIPASTI STARTER SNACK APPETIZER

Ingredients

- 1 avocado
- 1 teaspoon balsamic vinegar
- 1 teaspoon cumin
- 0.8 cup corn frozen hulled thawed canned (You can also use corn,)
- 1 clove garlic
- 0.5 medium bell pepper red

Equipment

- bowl

baking sheet

oven

Directions

Preheat oven to 375 degrees.

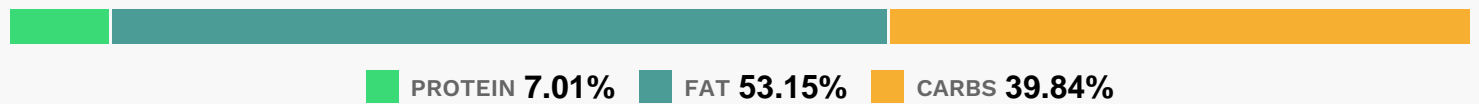
Spread corn flat on a baking sheet. Spray lightly with olive oil spray. Roast corn in the oven for about 8–10 minutes. (Be careful not to brown too much or burn.)

Remove from heat and allow to cool. Finely chop red pepper and garlic and mix in a bowl. Peel and coarsely chop avocado and add to bowl.

Add cooled corn.

Mix in cumin and vinegar and blend well.

Nutrition Facts



Properties

Glycemic Index: 78.5, Glycemic Load: 1.48, Inflammation Score: -8, Nutrition Score: 16.137826086957%

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 Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Taste

Sweetness: 14.92%, Saltiness: 0.09%, Sourness: 0%, Bitterness: 0%, Savoriness: 0%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 237.36kcal (11.87%), Fat: 15.58g (23.96%), Saturated Fat: 2.25g (14.06%), Carbohydrates: 26.27g (8.76%), Net Carbohydrates: 17.04g (6.2%), Sugar: 2.32g (2.58%), Cholesterol: 0mg (0%), Sodium: 13.83mg (0.6%), Protein: 4.62g (9.24%), Vitamin C: 53.13mg (64.4%), Fiber: 9.23g (36.91%), Folate: 119.99µg (30%), Vitamin B6: 0.48mg (23.93%), Vitamin A: 1093.51IU (21.87%), Potassium: 758.81mg (21.68%), Vitamin K: 22.64µg (21.56%), Vitamin E:

2.58mg (17.23%), Vitamin B5: 1.68mg (16.8%), Manganese: 0.34mg (16.77%), Vitamin B3: 3.14mg (15.68%), Magnesium: 56.85mg (14.21%), Vitamin B2: 0.22mg (12.67%), Phosphorus: 121.59mg (12.16%), Copper: 0.24mg (12.07%), Vitamin B1: 0.16mg (10.43%), Iron: 1.81mg (10.05%), Zinc: 1.22mg (8.12%), Calcium: 29.32mg (2.93%), Selenium: 1.19µg (1.7%)