



## Corn, Tomato, and Avocado Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



133 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 2 avocados chopped
- ☐ 0.3 cup balsamic vinegar
- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 8 ears corn fresh
- ☐ 0.5 cup olive oil
- ☐ 1 teaspoon salt
- ☐ 2 large tomatoes diced seeded

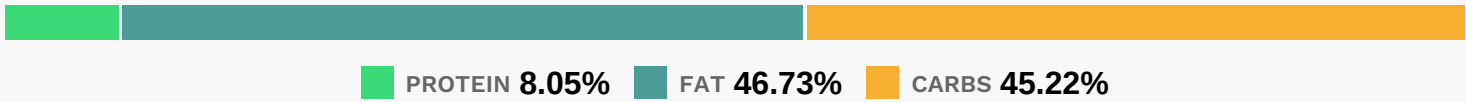
## Equipment

☐ bowl

## Directions

- ☐ Shuck corn and cut kernels from cob. Cook kernels in boiling salted water 7 to 10 minutes or until tender.
- ☐ Drain and cool.
- ☐ Combine corn, tomatoes, and remaining ingredients in a bowl, stirring until blended.
- ☐ Serve leftover salsa with tortilla chips, or with grilled chicken in a flour tortilla for a flavorful wrap.

## Nutrition Facts



## Properties

Glycemic Index:13.33, Glycemic Load:1.17, Inflammation Score:-5, Nutrition Score:7.1278260635293%

## 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 Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

## Nutrients (% of daily need)

Calories: 133.12kcal (6.66%), Fat: 7.6g (11.69%), Saturated Fat: 1.17g (7.29%), Carbohydrates: 16.54g (5.51%), Net Carbohydrates: 12.7g (4.62%), Sugar: 5.83g (6.48%), Cholesterol: 0mg (0%), Sodium: 208.34mg (9.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.89%), Fiber: 3.84g (15.36%), Folate: 56.91µg (14.23%), Vitamin C: 11.59mg (14.04%), Potassium: 406.02mg (11.6%), Vitamin K: 10.9µg (10.38%), Manganese: 0.21mg (10.28%), Vitamin B5: 0.92mg (9.24%), Vitamin B3: 1.83mg (9.13%), Magnesium: 36.32mg (9.08%), Vitamin B1: 0.13mg (8.45%), Vitamin B6: 0.17mg (8.33%), Vitamin A: 414.47IU (8.29%), Phosphorus: 79.64mg (7.96%), Vitamin E: 1.16mg (7.73%), Copper: 0.12mg (5.88%), Vitamin B2: 0.08mg (4.86%), Zinc: 0.55mg (3.66%), Iron: 0.65mg (3.63%), Calcium: 10.86mg (1.09%)