



Fresh Avocado Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

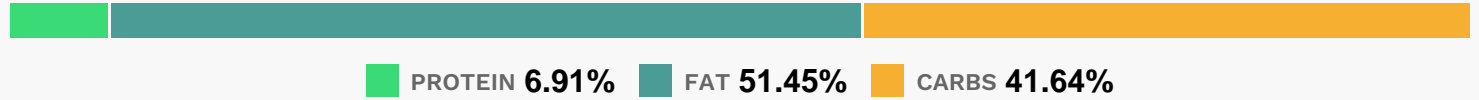
- 1 small avocado chopped
- 0.3 cup cilantro leaves fresh chopped
- 1 small jalapeno minced seeded
- 2 tablespoons juice of lime fresh
- 4 plum tomatoes chopped
- 0.5 teaspoon salt
- 1 small onion sweet chopped

Equipment

Directions

- Combine all ingredients gently. Chill until ready to serve.
- Note: For best results, serve salsa within 4 hours.

Nutrition Facts



Properties

Glycemic Index:17.75, Glycemic Load:0.52, Inflammation Score:-5, Nutrition Score:4.6404348236063%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 6.56mg, Quercetin: 6.56mg, Quercetin: 6.56mg, Quercetin: 6.56mg

Nutrients (% of daily need)

Calories: 60.58kcal (3.03%), Fat: 3.8g (5.85%), Saturated Fat: 0.55g (3.41%), Carbohydrates: 6.92g (2.31%), Net Carbohydrates: 4.41g (1.61%), Sugar: 3.2g (3.55%), Cholesterol: 0mg (0%), Sodium: 152.32mg (6.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.15g (2.3%), Vitamin C: 12.08mg (14.64%), Fiber: 2.51g (10.02%), Vitamin K: 9.75µg (9.28%), Folate: 35.67µg (8.92%), Vitamin B6: 0.15mg (7.63%), Potassium: 255.93mg (7.31%), Vitamin A: 349.81IU (7%), Manganese: 0.11mg (5.37%), Vitamin E: 0.78mg (5.19%), Copper: 0.09mg (4.61%), Vitamin B5: 0.43mg (4.3%), Magnesium: 15.12mg (3.78%), Vitamin B3: 0.71mg (3.55%), Phosphorus: 32.9mg (3.29%), Vitamin B1: 0.05mg (3.15%), Vitamin B2: 0.05mg (2.91%), Iron: 0.35mg (1.93%), Zinc: 0.28mg (1.84%), Calcium: 15.55mg (1.55%)