



Fresh Corn & Avocado Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



291 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 large avocados chopped
- 0.3 cup cilantro leaves fresh chopped
- 1.5 cups corn kernels fresh cooked
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 0.5 tsp pepper sauce hot
- 1 bell pepper red chopped
- 0.5 cup onions red finely chopped
- 14 oz tortilla chips

Equipment

Directions

Combine all ingredients except chips.

Serve with chips.

Nutrition Facts



Properties

Glycemic Index:13.1, Glycemic Load:0.61, Inflammation Score:-6, Nutrition Score:9.9404348186825%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 290.87kcal (14.54%), Fat: 15.7g (24.16%), Saturated Fat: 2.23g (13.91%), Carbohydrates: 36.6g (12.2%), Net Carbohydrates: 30.93g (11.25%), Sugar: 3.42g (3.8%), Cholesterol: 0mg (0%), Sodium: 201.92mg (8.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.57g (9.15%), Vitamin C: 21.63mg (26.22%), Fiber: 5.67g (22.68%), Vitamin K: 21.95µg (20.91%), Vitamin E: 2.58mg (17.18%), Magnesium: 55.68mg (13.92%), Phosphorus: 136.08mg (13.61%), Folate: 53.72µg (13.43%), Vitamin B5: 1.23mg (12.35%), Vitamin B6: 0.24mg (12.18%), Potassium: 370.08mg (10.57%), Vitamin A: 502.8IU (10.06%), Vitamin B1: 0.13mg (8.52%), Vitamin B3: 1.56mg (7.78%), Copper: 0.13mg (6.69%), Zinc: 0.95mg (6.37%), Vitamin B2: 0.11mg (6.18%), Manganese: 0.12mg (5.99%), Iron: 1.03mg (5.72%), Calcium: 51.05mg (5.11%), Selenium: 2.21µg (3.16%)