



Fresh Green Veggie Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 avocado ripe chopped
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 2 tablespoons green onion thinly sliced
- ☐ 3 tablespoons juice of lime fresh (2)
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup tomatillos finely chopped (2 medium)

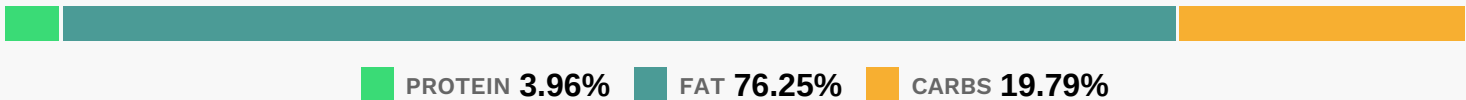
Equipment

bowl

Directions

- Combine all ingredients in a medium bowl, tossing well.
- Serve immediately, or cover and chill.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:3.1286956324526%

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: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 60.35kcal (3.02%), Fat: 5.54g (8.52%), Saturated Fat: 0.79g (4.93%), Carbohydrates: 3.23g (1.08%), Net Carbohydrates: 1.31g (0.48%), Sugar: 0.63g (0.7%), Cholesterol: 0mg (0%), Sodium: 147.88mg (6.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.29%), Vitamin K: 12.37µg (11.78%), Fiber: 1.92g (7.68%), Vitamin C: 5.63mg (6.82%), Folate: 22.86µg (5.72%), Vitamin E: 0.84mg (5.6%), Potassium: 158.21mg (4.52%), Vitamin B5: 0.37mg (3.73%), Vitamin B6: 0.07mg (3.66%), Vitamin B3: 0.61mg (3.07%), Copper: 0.06mg (2.93%), Manganese: 0.05mg (2.75%), Magnesium: 9.86mg (2.47%), Vitamin B2: 0.04mg (2.27%), Vitamin A: 108.84IU (2.18%), Phosphorus: 17.94mg (1.79%), Vitamin B1: 0.02mg (1.54%), Iron: 0.24mg (1.33%), Zinc: 0.19mg (1.29%)