



Green-Tomato Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



96 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 large avocado pitted peeled cut into chunks
- 0.5 cup cilantro leaves chopped
- 1 pound tomatoes green chopped
- 1 jalapeno minced seeded
- 2 tablespoons juice of lime
- 2 tablespoons onion grated
- 0.3 teaspoon pepper
- 0.5 teaspoon salt

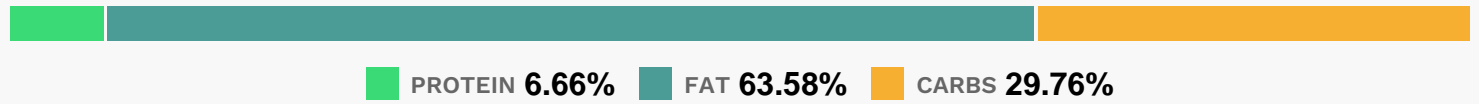
Equipment

bowl

Directions

- Combine tomatoes, onion, chili, cilantro, lime juice, salt and pepper in a large bowl.
- Add avocado to bowl and toss ingredients together. Season with additional salt and pepper. Cover and refrigerate for at least 30 minutes before serving.
- Serve with tortilla chips, if desired.

Nutrition Facts



Properties

Glycemic Index:20.38, Glycemic Load:0.45, Inflammation Score:-5, Nutrition Score:7.5104347856148%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg 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: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 96.27kcal (4.81%), Fat: 7.52g (11.57%), Saturated Fat: 1.09g (6.81%), Carbohydrates: 7.92g (2.64%), Net Carbohydrates: 3.78g (1.37%), Sugar: 2.85g (3.17%), Cholesterol: 0mg (0%), Sodium: 156.93mg (6.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.54%), Vitamin C: 21.95mg (26.6%), Vitamin K: 19.84µg (18.89%), Fiber: 4.14g (16.56%), Folate: 47.76µg (11.94%), Potassium: 377.83mg (10.8%), Vitamin A: 525.98IU (10.52%), Vitamin B5: 1mg (10.01%), Vitamin B6: 0.19mg (9.42%), Vitamin E: 1.35mg (9.02%), Copper: 0.15mg (7.62%), Manganese: 0.15mg (7.31%), Vitamin B3: 1.2mg (6%), Vitamin B2: 0.09mg (5.42%), Magnesium: 21.43mg (5.36%), Vitamin B1: 0.07mg (4.75%), Phosphorus: 44.29mg (4.43%), Iron: 0.6mg (3.35%), Zinc: 0.38mg (2.51%), Calcium: 15.75mg (1.57%)