



## Guacasalsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



38 kcal

SIDE DISH

## Ingredients

- 0.3 cup avocado ripe mashed
- 3 tablespoons cilantro leaves fresh chopped
- 0.7 cup salsa green

## Equipment

## Directions

- Mix avocado, salsa, and cilantro.

# Nutrition Facts

PROTEIN 2.8% FAT 59.69% CARBS 37.51%

## Properties

Glycemic Index:18, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:1.5178260945756%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 37.77kcal (1.89%), Fat: 2.43g (3.73%), Saturated Fat: 0.27g (1.66%), Carbohydrates: 3.43g (1.14%), Net Carbohydrates: 2.59g (0.94%), Sugar: 2.44g (2.71%), Cholesterol: 0mg (0%), Sodium: 271.84mg (11.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.26g (0.51%), Vitamin A: 273.91IU (5.48%), Potassium: 138.65mg (3.96%), Vitamin K: 3.56µg (3.39%), Fiber: 0.85g (3.38%), Vitamin C: 2.76mg (3.35%), Folate: 10.31µg (2.58%), Vitamin E: 0.27mg (1.78%), Vitamin B5: 0.18mg (1.75%), Vitamin B6: 0.03mg (1.63%), Copper: 0.02mg (1.22%), Vitamin B3: 0.22mg (1.1%)