



## Mango and Avocado Salsa with Spicy Bacon

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



9

CALORIES



155 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 5 slices bacon
- 0.5 teaspoon paprika smoked
- 0.5 teaspoon ancho chili powder
- 0.5 teaspoon ground pepper red (cayenne)
- 2 avocado pitted ripe peeled chopped
- 1 large mangos ripe peeled chopped
- 0.3 cup onion red chopped
- 1 jalapeno chopped

- 1 tablespoon juice of lime fresh
- 1 serving tortilla chips blue food should taste good®

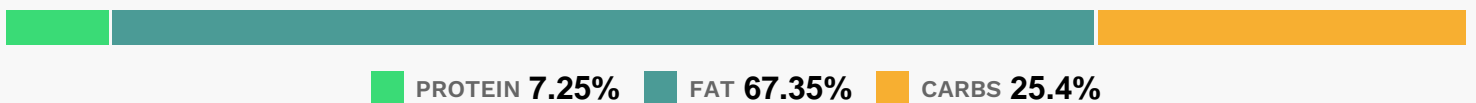
## Equipment

- bowl
- baking sheet
- oven
- aluminum foil

## Directions

- Heat oven to 425°F. Line cookie sheet with foil.
- Arrange bacon slices on cookie sheet.
- Sprinkle paprika, chili powder and red pepper on both sides of each slice.
- Bake in center of oven 15 minutes. Set aside to cool and firm up. When cool, chop bacon into small pieces.
- In medium bowl, stir together chopped bacon, avocados, mango, onion and chile.
- Add lime juice; toss gently.
- Let stand at room temperature to blend flavors.
- Serve with tortilla chips. Store in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:21.97, Glycemic Load:2.05, Inflammation Score:-5, Nutrition Score:6.7339130782563%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg,

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## **Nutrients (% of daily need)**

Calories: 154.54kcal (7.73%), Fat: 12.21g (18.78%), Saturated Fat: 2.7g (16.86%), Carbohydrates: 10.36g (3.45%), Net Carbohydrates: 6.6g (2.4%), Sugar: 3.78g (4.2%), Cholesterol: 8.07mg (2.69%), Sodium: 96.66mg (4.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.92%), Vitamin C: 15.6mg (18.91%), Fiber: 3.76g (15.05%), Folate: 48.08µg (12.02%), Vitamin K: 11.61µg (11.05%), Vitamin B6: 0.2mg (10.01%), Vitamin E: 1.46mg (9.75%), Vitamin A: 470.28IU (9.41%), Potassium: 304.37mg (8.7%), Vitamin B5: 0.79mg (7.87%), Vitamin B3: 1.51mg (7.55%), Copper: 0.12mg (6.19%), Phosphorus: 53.98mg (5.4%), Vitamin B1: 0.08mg (5.24%), Magnesium: 20.68mg (5.17%), Vitamin B2: 0.08mg (4.99%), Manganese: 0.09mg (4.63%), Selenium: 2.98µg (4.26%), Zinc: 0.52mg (3.45%), Iron: 0.45mg (2.48%), Calcium: 14.03mg (1.4%), Vitamin B12: 0.06µg (1.02%)