



## Mango and Avocado Salsa with Spicy Bacon

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



9

CALORIES



272 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 teaspoon ancho chili powder
- 2 avocado pitted ripe peeled chopped
- 5 slices bacon
- 9 servings tortilla chips blue food should taste good®
- 0.5 teaspoon ground pepper red (cayenne)
- 1 jalapeno chopped
- 1 tablespoon juice of lime fresh
- 1 large mangos ripe peeled chopped

- 0.3 cup onion red chopped
- 0.5 teaspoon paprika smoked

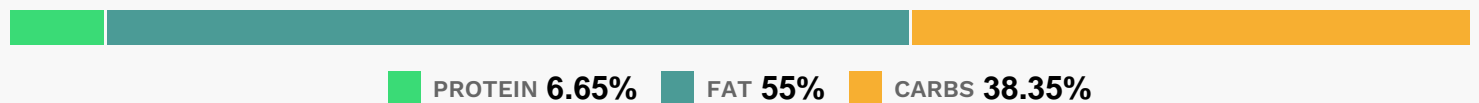
## Equipment

- bowl
- baking sheet
- oven
- aluminum foil

## Directions

- Heat oven to 425F. 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:-6, Nutrition Score:8.8395652187907%

## 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,

Eriodictyol: 0.04mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

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

Calories: 272.02kcal (13.6%), Fat: 17.36g (26.71%), Saturated Fat: 3.4g (21.23%), Carbohydrates: 27.24g (9.08%), Net Carbohydrates: 22.13g (8.05%), Sugar: 3.98g (4.42%), Cholesterol: 8.07mg (2.69%), Sodium: 178.3mg (7.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.73g (9.45%), Fiber: 5.11g (20.42%), Vitamin C: 15.6mg (18.91%), Vitamin K: 16.81µg (16.01%), Vitamin E: 2.34mg (15.6%), Folate: 51.06µg (12.77%), Vitamin B6: 0.24mg (12.24%), Phosphorus: 109.98mg (11%), Vitamin B5: 1.08mg (10.82%), Magnesium: 41.58mg (10.4%), Potassium: 349.67mg (9.99%), Vitamin A: 471.03IU (9.42%), Vitamin B3: 1.72mg (8.59%), Vitamin B1: 0.11mg (7.56%), Copper: 0.15mg (7.4%), Vitamin B2: 0.1mg (6.02%), Selenium: 4.07µg (5.82%), Zinc: 0.86mg (5.74%), Manganese: 0.09mg (4.63%), Iron: 0.82mg (4.58%), Calcium: 40.41mg (4.04%), Vitamin B12: 0.06µg (1.02%)