



Nectarine-Avocado Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



161 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 avocado diced
- ☐ 2 tablespoons cilantro leaves fresh minced
- ☐ 1 teaspoon garlic minced
- ☐ 1 tablespoon jalapeno minced seeded
- ☐ 0.3 teaspoon kosher salt
- ☐ 1.5 tablespoons juice of lime fresh
- ☐ 2 cups nectarines diced finely (2 to 3)
- ☐ 0.5 cup bell pepper red chopped

0.3 cup onion red minced

Equipment

Directions

Combine first 8 ingredients; cover and chill 30 minutes to 1 hour. Just before serving, stir in diced avocado.

Nutrition Facts



Properties

Glycemic Index:78.67, Glycemic Load:4.38, Inflammation Score:-8, Nutrition Score:12.651739239693%

Flavonoids

Cyanidin: 2.25mg, Cyanidin: 2.25mg, Cyanidin: 2.25mg, Cyanidin: 2.25mg Catechin: 2.84mg, Catechin: 2.84mg, Catechin: 2.84mg, Catechin: 2.84mg Epicatechin: 2.67mg, Epicatechin: 2.67mg, Epicatechin: 2.67mg, Epicatechin: 2.67mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg

Nutrients (% of daily need)

Calories: 161.05kcal (8.05%), Fat: 10.23g (15.74%), Saturated Fat: 1.45g (9.08%), Carbohydrates: 18.51g (6.17%), Net Carbohydrates: 11.64g (4.23%), Sugar: 9.92g (11.02%), Cholesterol: 0mg (0%), Sodium: 212.99mg (9.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.78%), Vitamin C: 50.8mg (61.58%), Fiber: 6.87g (27.46%), Vitamin A: 1267.86IU (25.36%), Folate: 76.24µg (19.06%), Vitamin K: 19.06µg (18.15%), Vitamin E: 2.57mg (17.11%), Vitamin B6: 0.32mg (16.04%), Potassium: 548.32mg (15.67%), Vitamin B3: 2.58mg (12.88%), Vitamin B5: 1.23mg (12.35%), Copper: 0.22mg (11.15%), Manganese: 0.22mg (10.81%), Magnesium: 34mg (8.5%), Vitamin B2: 0.14mg (8.45%), Phosphorus: 73.96mg (7.4%), Vitamin B1: 0.1mg (6.86%), Zinc: 0.74mg (4.93%), Iron: 0.83mg (4.62%), Calcium: 18.51mg (1.85%)