



Orange and Avocado Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



10

CALORIES



84 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 avocado diced peeled
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2.5 cups grapefruit chopped (2 large grapefruit)
- ☐ 1 tablespoon jalapeno minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 teaspoons juice of lime fresh
- ☐ 3 cups orange sections chopped (4)
- ☐ 0.3 cup onion red minced

Equipment

☐ bowl

Directions

- ☐ Combine all ingredients in a bowl; toss gently.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:19.85, Glycemic Load:3.71, Inflammation Score:-7, Nutrition Score:7.2808695616929%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 15.01mg, Hesperetin: 15.01mg, Hesperetin: 15.01mg, Hesperetin: 15.01mg Naringenin: 27.04mg, Naringenin: 27.04mg, Naringenin: 27.04mg, Naringenin: 27.04mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 83.99kcal (4.2%), Fat: 3.11g (4.79%), Saturated Fat: 0.45g (2.82%), Carbohydrates: 14.8g (4.93%), Net Carbohydrates: 11.12g (4.04%), Sugar: 9.39g (10.44%), Cholesterol: 0mg (0%), Sodium: 117.94mg (5.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.83%), Vitamin C: 51.07mg (61.91%), Vitamin A: 834.24IU (16.68%), Fiber: 3.68g (14.72%), Folate: 41.27µg (10.32%), Potassium: 284.02mg (8.11%), Vitamin B6: 0.13mg (6.31%), Vitamin B1: 0.09mg (5.86%), Vitamin B5: 0.58mg (5.76%), Vitamin K: 4.77µg (4.54%), Vitamin E: 0.65mg (4.31%), Magnesium: 17.13mg (4.28%), Copper: 0.08mg (4.18%), Vitamin B2: 0.07mg (4%), Calcium: 38.03mg (3.8%), Vitamin B3: 0.65mg (3.23%), Manganese: 0.06mg (3.11%), Phosphorus: 30.09mg (3.01%), Zinc: 0.22mg (1.45%), Iron: 0.23mg (1.26%)