



Peach Avocado Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



127 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 avocado diced pitted peeled
- 0.3 cup cilantro leaves fresh chopped to taste
- 2 cloves garlic grated
- 4 servings salt and ground pepper black to taste
- 1 jalapeno minced seeded
- 0.5 juice of lemon juiced
- 0.5 juice of lime juiced
- 2 peaches fresh diced pitted peeled

0.5 bell pepper red minced

0.5 onion red minced

Equipment

bowl

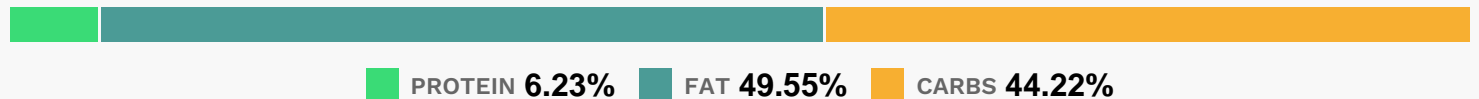
plastic wrap

Directions

Gently mix peaches, jalapeno pepper, red onion, red bell pepper, cilantro, garlic, lime juice, and lemon juice in a bowl; season with salt and black pepper.

Cover bowl with plastic wrap and refrigerate at least 30 minutes. Fold avocado into the salsa to serve.

Nutrition Facts



Properties

Glycemic Index:66.31, Glycemic Load:3.63, Inflammation Score:-7, Nutrition Score:9.6865217219228%

Flavonoids

Cyanidin: 1.61mg, Cyanidin: 1.61mg, Cyanidin: 1.61mg, Cyanidin: 1.61mg Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 1.94mg, Epicatechin: 1.94mg, Epicatechin: 1.94mg, Epicatechin: 1.94mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 126.76kcal (6.34%), Fat: 7.69g (11.83%), Saturated Fat: 1.11g (6.92%), Carbohydrates: 15.44g (5.15%), Net Carbohydrates: 10.19g (3.71%), Sugar: 8.16g (9.06%), Cholesterol: 0mg (0%), Sodium: 15.36mg (0.67%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 2.17g (4.35%), Vitamin C: 35.62mg (43.18%), Fiber: 5.25g (20.99%), Vitamin A: 891.87IU (17.84%), Vitamin K: 17.55µg (16.71%), Folate: 57.41µg (14.35%), Vitamin E: 1.99mg (13.28%), Vitamin B6: 0.25mg (12.29%), Potassium: 416.16mg (11.89%), Manganese: 0.2mg (9.91%), Vitamin B5: 0.91mg (9.13%), Copper: 0.17mg (8.66%), Vitamin B3: 1.72mg (8.58%), Vitamin B2: 0.11mg (6.59%), Magnesium: 25.59mg (6.4%), Phosphorus: 55.15mg (5.52%), Vitamin B1: 0.07mg (4.87%), Zinc: 0.59mg (3.92%), Iron: 0.69mg (3.85%), Selenium: 2.11µg (3.01%), Calcium: 18.23mg (1.82%)