
 7%
HEALTH SCORE

Peachy Avocado Salsa


 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN




15 min.

SERVINGS



12

CALORIES



49 kcal

ANTIPASTI STARTER SNACK APPETIZER

Ingredients

- 1 medium avocado ripe peeled chopped
- 1 tablespoon apple cider vinegar
- 2 tablespoons cilantro leaves fresh minced
- 1 garlic clove minced
- 1 teaspoons jalapeno seeded chopped
- 1 tablespoon juice of lime
- 0.3 cup onion diced
- 15 ounces peaches drained sliced chopped canned

- 0.3 teaspoon salt
- 2 cups tomatoes seeded chopped

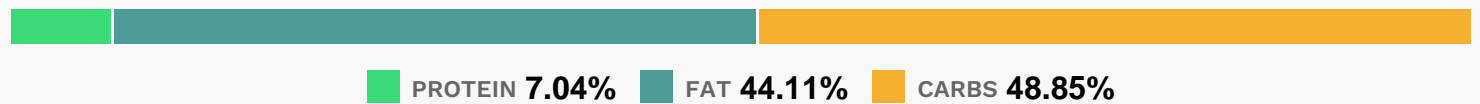
Equipment

- bowl

Directions

- In a large bowl, combine the peaches, avocado and lime juice.
- Add the remaining ingredients; lightly toss just until combined. Refrigerate for at least 30 minutes.
- Serve with tortilla chips, fish or chicken.

Nutrition Facts



Properties

Glycemic Index:23.27, Glycemic Load:1.7, Inflammation Score:-4, Nutrition Score:3.5117391607036%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.89mg, Epicatechin: 0.89mg, Epicatechin: 0.89mg, Epicatechin: 0.89mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 48.57kcal (2.43%), Fat: 2.61g (4.02%), Saturated Fat: 0.37g (2.33%), Carbohydrates: 6.51g (2.17%), Net Carbohydrates: 4.48g (1.63%), Sugar: 3.92g (4.36%), Cholesterol: 0mg (0%), Sodium: 55.78mg (2.42%), Alcohol: 0g (100%), Protein: 0.94g (1.88%), Vitamin C: 7.74mg (9.38%), Fiber: 2.03g (8.13%), Vitamin A: 356.55IU (7.13%), Vitamin K: 6.85µg (6.53%), Potassium: 192.96mg (5.51%), Folate: 20.34µg (5.08%), Vitamin E: 0.76mg (5.06%),

Manganese: 0.09mg (4.32%), Vitamin B6: 0.08mg (4.06%), Copper: 0.08mg (3.85%), Vitamin B3: 0.74mg (3.69%),
Vitamin B5: 0.32mg (3.18%), Magnesium: 11.06mg (2.77%), Phosphorus: 24.23mg (2.42%), Vitamin B2: 0.04mg
(2.31%), Vitamin B1: 0.03mg (2.1%), Iron: 0.3mg (1.65%), Zinc: 0.24mg (1.61%), Selenium: 0.87µg (1.24%)