



## Quick Mexican Avocado Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



84 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

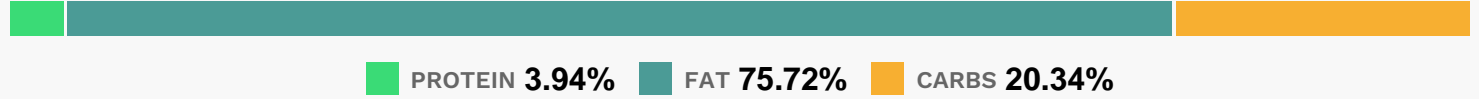
- 2 avocados pitted ripe unpeeled halved
- 0.3 tsp pepper red crushed
- 2 green onions finely chopped
- 0.3 cup 1/3 cup kraft zesty italian dressing italian kraft

### Equipment

### Directions

- Mix dressing, onions and crushed red pepper.
- Place 1 avocado half on each serving plate.
- Drizzle evenly with dressing mixture.

## Nutrition Facts



### Properties

Glycemic Index:7.2, Glycemic Load:0.33, Inflammation Score:-2, Nutrition Score:4.1021739192631%

### Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

### Nutrients (% of daily need)

Calories: 84.03kcal (4.2%), Fat: 7.57g (11.65%), Saturated Fat: 1.09g (6.81%), Carbohydrates: 4.58g (1.53%), Net Carbohydrates: 1.8g (0.66%), Sugar: 1.17g (1.3%), Cholesterol: 0mg (0%), Sodium: 81.8mg (3.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.77%), Vitamin K: 17.85µg (17%), Fiber: 2.77g (11.09%), Folate: 34.11µg (8.53%), Vitamin E: 1.04mg (6.91%), Potassium: 209.15mg (5.98%), Vitamin B5: 0.56mg (5.61%), Vitamin B6: 0.11mg (5.54%), Vitamin C: 4.5mg (5.46%), Copper: 0.08mg (4.02%), Vitamin B3: 0.73mg (3.64%), Manganese: 0.06mg (3.21%), Vitamin B2: 0.05mg (3.21%), Magnesium: 12.6mg (3.15%), Phosphorus: 23.12mg (2.31%), Vitamin A: 100.26IU (2.01%), Vitamin B1: 0.03mg (2%), Zinc: 0.27mg (1.83%), Iron: 0.29mg (1.59%)