



Salsa Guacamole

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



12

CALORIES



105 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14.5 oz canned tomatoes plain diced fire roasted organic drained well canned
- 0.3 cup onion chopped
- 2 tablespoons cilantro leaves fresh chopped
- 0.3 teaspoon coarse salt (kosher or sea)
- 1 clove garlic finely chopped
- 1 small jalapeno fresh seeded finely chopped
- 1.5 lb avocado pitted ripe peeled
- 2 tablespoons juice of lime fresh

- 0.5 teaspoon coarse salt (kosher or sea)
- 0.5 teaspoon hot sauce red
- 1 clove garlic finely chopped

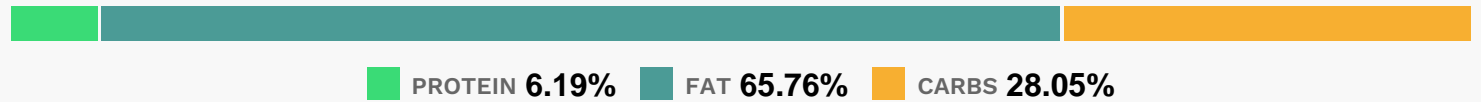
Equipment

- bowl

Directions

- In medium bowl, mix salsa ingredients.
- In another medium bowl, place avocados; coarsely mash. Stir in remaining guacamole ingredients.
- Spoon guacamole into shallow serving bowl; top with salsa.
- Serve with tortilla chips as desired.

Nutrition Facts



Properties

Glycemic Index:19.08, Glycemic Load:1.25, Inflammation Score:-4, Nutrition Score:6.8847826149153%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 104.76kcal (5.24%), Fat: 8.44g (12.99%), Saturated Fat: 1.22g (7.65%), Carbohydrates: 8.1g (2.7%), Net Carbohydrates: 3.54g (1.29%), Sugar: 2.12g (2.36%), Cholesterol: 0mg (0%), Sodium: 199.27mg (8.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.79g (3.58%), Fiber: 4.56g (18.25%), Vitamin C: 11.5mg (13.94%), Vitamin K:

14.19µg (13.51%), Folate: 51.64µg (12.91%), Potassium: 388.67mg (11.1%), Vitamin E: 1.65mg (11.01%), Vitamin B6: 0.21mg (10.67%), Vitamin B5: 0.9mg (8.97%), Copper: 0.17mg (8.74%), Manganese: 0.16mg (7.91%), Vitamin B3: 1.43mg (7.16%), Magnesium: 24.16mg (6.04%), Vitamin B2: 0.09mg (5.55%), Vitamin B1: 0.07mg (4.49%), Iron: 0.78mg (4.34%), Phosphorus: 42.88mg (4.29%), Vitamin A: 175.14IU (3.5%), Zinc: 0.47mg (3.14%), Calcium: 20.76mg (2.08%)