



## Salsa with Avocado

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



24

CALORIES



34 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 avocados diced
- 7.8 ounce tomato sauce hot mexican-style el pato® canned (such as )
- 8 ounce tomato sauce canned
- 1 bunch cilantro leaves fresh
- 2 green onions trimmed
- 1 jalapeno whole stemmed
- 1 teaspoon salt to taste
- 2 tomatoes diced

1 cup water

## Equipment

bowl

blender

## Directions

Blend tomato sauce, water, hot tomato sauce, 3 quartered tomatoes, green onions, cilantro, jalapeno, and salt in a blender until well-blended, 10 to 15 seconds.

Stir avocados, 2 diced tomatoes, and blended mixture together in a large bowl. Cover and refrigerate for 1 hour before serving.

## Nutrition Facts



**PROTEIN 7.27%** **FAT 61.27%** **CARBS 31.46%**

## Properties

Glycemic Index:11, Glycemic Load:0.57, Inflammation Score:-3, Nutrition Score:2.8699999879236%

## Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

## Nutrients (% of daily need)

Calories: 33.68kcal (1.68%), Fat: 2.54g (3.91%), Saturated Fat: 0.37g (2.3%), Carbohydrates: 2.94g (0.98%), Net Carbohydrates: 1.36g (0.5%), Sugar: 1.09g (1.21%), Cholesterol: 0mg (0%), Sodium: 187.59mg (8.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.36%), Vitamin K: 8.06µg (7.68%), Vitamin C: 5.35mg (6.49%), Fiber: 1.58g (6.3%), Potassium: 166.75mg (4.76%), Vitamin E: 0.7mg (4.7%), Vitamin A: 229.15IU (4.58%), Folate: 17.78µg (4.45%), Vitamin B6: 0.07mg (3.65%), Copper: 0.06mg (3.14%), Vitamin B5: 0.3mg (3.04%), Manganese: 0.06mg (2.96%), Vitamin B3: 0.55mg (2.77%), Magnesium: 9.25mg (2.31%), Vitamin B2: 0.04mg (2.21%), Iron: 0.32mg (1.79%), Phosphorus: 16.87mg (1.69%), Vitamin B1: 0.02mg (1.37%), Zinc: 0.17mg (1.15%)