



Salsamole



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



47 kcal

SIDE DISH

Ingredients

- 1 avocado ripe peeled mashed seeded
- 1 tablespoon cider vinegar
- 0.3 cup cilantro leaves fresh chopped
- 1 garlic clove minced
- 1 tablespoon juice of lime fresh
- 0.3 cup onion red finely chopped
- 0.3 teaspoon salt
- 1 serrano chile seeded finely chopped

1 medium tomatoes chopped

Equipment

bowl

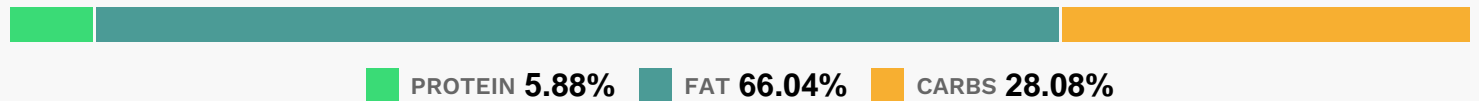
Directions

Combine the red onion, lime juice, cider vinegar, salt, garlic, and serrano chile in a medium bowl.

Add cilantro, avocado, and tomato; stir well.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:25.88, Glycemic Load:0.49, Inflammation Score:-3, Nutrition Score:3.1686956739944%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 46.74kcal (2.34%), Fat: 3.74g (5.75%), Saturated Fat: 0.54g (3.39%), Carbohydrates: 3.58g (1.19%), Net Carbohydrates: 1.57g (0.57%), Sugar: 0.86g (0.95%), Cholesterol: 0mg (0%), Sodium: 75.9mg (3.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.75g (1.5%), Fiber: 2.01g (8.04%), Vitamin K: 8.17µg (7.78%), Vitamin C: 6.14mg (7.44%), Folate: 24.29µg (6.07%), Potassium: 175.57mg (5.02%), Vitamin B6: 0.09mg (4.64%), Vitamin E: 0.63mg (4.17%), Vitamin A: 206.6IU (4.13%), Vitamin B5: 0.38mg (3.78%), Manganese: 0.07mg (3.73%), Copper: 0.06mg (3.13%), Vitamin B3: 0.56mg (2.78%), Magnesium: 10.11mg (2.53%), Vitamin B2: 0.04mg (2.3%), Phosphorus: 19.73mg (1.97%), Vitamin B1: 0.03mg (1.79%), Zinc: 0.21mg (1.38%), Iron: 0.22mg (1.21%)