



Strawberry-Avocado Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



32 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup avocado peeled finely chopped
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 teaspoons jalapeno seeded finely chopped
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.5 teaspoon lime rind grated
- ☐ 2 tablespoons onion red finely chopped
- ☐ 1 cup strawberries finely chopped
- ☐ 0.3 teaspoon sugar

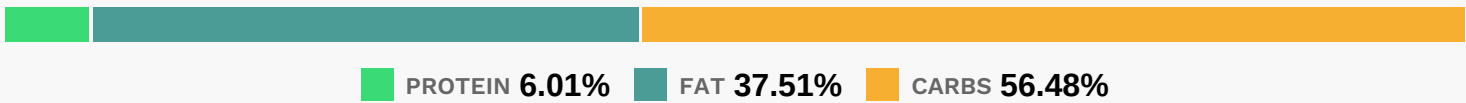
Equipment

☐ bowl

Directions

- ☐ Combine all ingredients in a medium bowl; toss gently.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:68.27, Glycemic Load:1.2, Inflammation Score:-3, Nutrition Score:3.6095652645049%

Flavonoids

Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg 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: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 32.2kcal (1.61%), Fat: 1.51g (2.32%), Saturated Fat: 0.21g (1.31%), Carbohydrates: 5.11g (1.7%), Net Carbohydrates: 3.56g (1.3%), Sugar: 2.52g (2.8%), Cholesterol: 0mg (0%), Sodium: 1.54mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.54g (1.09%), Vitamin C: 27.82mg (33.72%), Manganese: 0.16mg (8.17%), Fiber: 1.55g (6.18%), Folate: 18.75µg (4.69%), Vitamin K: 3.91µg (3.72%), Potassium: 124.13mg (3.55%), Vitamin B6: 0.06mg (3.04%), Vitamin E: 0.41mg (2.74%), Magnesium: 8.94mg (2.24%), Copper: 0.04mg (2.04%), Vitamin B5:

0.2mg (2%), Vitamin B3: 0.35mg (1.77%), Phosphorus: 16.81mg (1.68%), Vitamin B2: 0.02mg (1.46%), Vitamin B1: 0.02mg (1.35%), Iron: 0.23mg (1.27%), Vitamin A: 62.43IU (1.25%)