



TOMATO AND AVOCADO SALAD (ENSALADA DE AGUACATE Y TOMATE)



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



158 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 small avocados diced
- ☐ 1 cucumber english sliced
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.3 teaspoon ground pepper
- ☐ 2 limes
- ☐ 1 tablespoon olive oil
- ☐ 0.5 small onion red thinly sliced

- ☐ 0.3 teaspoon salt
- ☐ 2 large tomatoes ripe sliced
- ☐ 3 tablespoons vinegar white

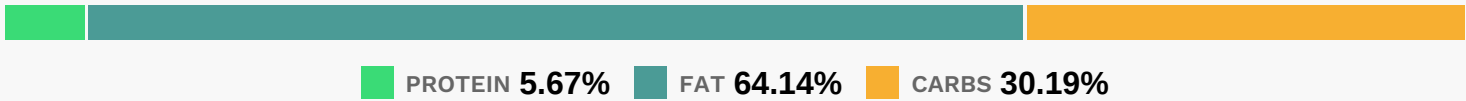
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a small bowl, whisk the vinegar, olive oil, salt, pepper, lime juice and cilantro, then set aside
- ☐ Place half of the tomatoes slices in a large plate, top the tomatoes with half of the cucumber slices, half of the onions and half of the avocado pieces and repeat to make another layer on top.
- ☐ Drizzle with dressing and serve.

Nutrition Facts



Properties

Glycemic Index:41.83, Glycemic Load:1.86, Inflammation Score:-7, Nutrition Score:10.459565209306%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg Naringenin: 1.17mg, Naringenin: 1.17mg, Naringenin: 1.17mg, Naringenin: 1.17mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

Nutrients (% of daily need)

Calories: 158.29kcal (7.91%), Fat: 12.42g (19.1%), Saturated Fat: 1.79g (11.22%), Carbohydrates: 13.15g (4.38%), Net Carbohydrates: 6.88g (2.5%), Sugar: 3.64g (4.05%), Cholesterol: 0mg (0%), Sodium: 106.72mg (4.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.94%), Vitamin C: 23.62mg (28.64%), Vitamin K: 29.19µg (27.8%), Fiber: 6.27g (25.09%), Folate: 70.5µg (17.62%), Potassium: 580.4mg (16.58%), Vitamin E: 2.12mg (14.14%), Vitamin A:

676.48IU (13.53%), Vitamin B6: 0.26mg (13.09%), Vitamin B5: 1.18mg (11.76%), Manganese: 0.23mg (11.66%), Copper: 0.2mg (10.18%), Magnesium: 35.12mg (8.78%), Vitamin B3: 1.63mg (8.16%), Vitamin B2: 0.12mg (7.2%), Phosphorus: 68.59mg (6.86%), Vitamin B1: 0.09mg (6.13%), Iron: 0.85mg (4.73%), Zinc: 0.67mg (4.5%), Calcium: 32.61mg (3.26%)