



5:2 Diet - Avocado, Apple & Hazelnut Salad = 227 calories



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



224 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 apples
- ☐ 2 tbsp apple juice
- ☐ 0.5 avocado
- ☐ 1 courgette
- ☐ 3 fronds dill fresh
- ☐ 60 g hazelnuts
- ☐ 2 tbsp juice of lemon

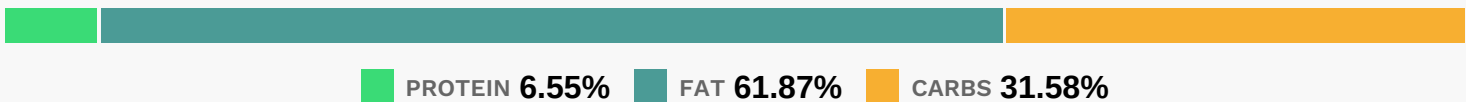
- ☐ 1 tbsp olive oil
- ☐ 4 servings grinding of pepper black good
- ☐ 100 g grapes red seedless
- ☐ 80 g salad leaves mixed
- ☐ 1 tbsp citrus champagne vinegar

Equipment

Directions

- ☐ Grate the apple and courgette and toss in a little lemon juice, to prevent it from discolouring.
- ☐ Slice 1 avocado and toss this in a little lemon juice too.
- ☐ Make your dressing. Whizz up $\frac{1}{2}$: avocado, the olive oi, vinegar, apple juice, dill and black pepper.
- ☐ Now assemble your salad. First a layer of salad leaves, which are topped with the courgette and apple, top with the avocado, grapes and hazelnuts.
- ☐ Drizzle a little dressing over each salad just before serving. You can add a little more apple juice, if you would like a thinner dressing.
- ☐ Enjoy!

Nutrition Facts



Properties

Glycemic Index:58.94, Glycemic Load:4.49, Inflammation Score:-6, Nutrition Score:12.564347940943%

Flavonoids

Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg Epicatechin: 3.91mg, Epicatechin: 3.91mg, Epicatechin: 3.91mg, Epicatechin: 3.91mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg

0.1mg, Naringenin: 0.1mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg

Nutrients (% of daily need)

Calories: 224.16kcal (11.21%), Fat: 16.64g (25.6%), Saturated Fat: 1.76g (11.02%), Carbohydrates: 19.11g (6.37%), Net Carbohydrates: 14.09g (5.12%), Sugar: 11.56g (12.84%), Cholesterol: 0mg (0%), Sodium: 13.05mg (0.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.97g (7.93%), Manganese: 1.14mg (57.11%), Vitamin C: 23.39mg (28.35%), Vitamin E: 3.48mg (23.17%), Fiber: 5.02g (20.1%), Copper: 0.39mg (19.53%), Vitamin K: 16.43µg (15.65%), Folate: 60.97µg (15.24%), Vitamin B6: 0.29mg (14.58%), Potassium: 506.23mg (14.46%), Magnesium: 48.34mg (12.08%), Vitamin B1: 0.17mg (11.35%), Phosphorus: 95.07mg (9.51%), Vitamin A: 464.91IU (9.3%), Vitamin B2: 0.14mg (8.22%), Iron: 1.41mg (7.81%), Vitamin B5: 0.67mg (6.69%), Vitamin B3: 1.15mg (5.76%), Zinc: 0.78mg (5.18%), Calcium: 39.1mg (3.91%)