



Apple, Avocado and Hearts of Palm Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



471 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 avocado pitted cubed peeled
- 2 tablespoons chives fresh chopped
- 2 granny smith apples cored peeled sliced thin
- 1 pinch ground pepper black
- 1 cup hearts of palm sliced
- 1 juice of lemon juiced
- 0.3 cup catsup
- 1 cup mayonnaise

- 3 cups salad greens mixed
- 0.3 teaspoon paprika
- 0.5 cup walnuts coarsely chopped
- 1 tablespoon sugar white

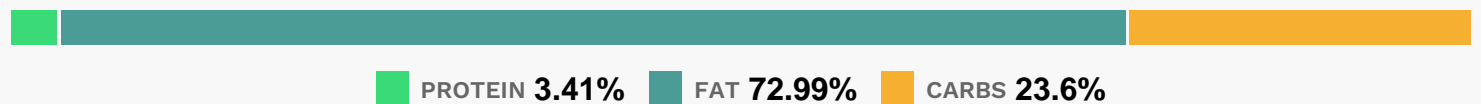
Equipment

- bowl
- whisk

Directions

- In a small bowl, whisk the mayonnaise, ketchup, sugar, lemon juice, paprika, and pepper together. Stir in the chives and set aside.
- Arrange the watercress on individual serving plates.
- Place apple, avocado, hearts of palm on top.
- Sprinkle with walnuts and drizzle with dressing.
- Evenly sprinkle dressing over salad and serve.

Nutrition Facts



Properties

Glycemic Index:50.68, Glycemic Load:4.11, Inflammation Score:-6, Nutrition Score:14.735217498696%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg

Luteolin: 0.07mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg
Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 2.58mg, Quercetin:
2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg

Nutrients (% of daily need)

Calories: 470.8kcal (23.54%), Fat: 39.45g (60.69%), Saturated Fat: 5.72g (35.77%), Carbohydrates: 28.7g (9.57%),
Net Carbohydrates: 23.65g (8.6%), Sugar: 18.04g (20.05%), Cholesterol: 15.68mg (5.23%), Sodium: 341.79mg
(14.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.15g (8.3%), Vitamin K: 72.01µg (68.58%), Potassium:
1062.75mg (30.36%), Vitamin B6: 0.52mg (26.15%), Copper: 0.52mg (25.9%), Manganese: 0.45mg (22.57%),
Vitamin C: 16.99mg (20.59%), Fiber: 5.05g (20.19%), Vitamin E: 2.47mg (16.48%), Folate: 60.23µg (15.06%), Zinc:
2.14mg (14.25%), Phosphorus: 132.54mg (13.25%), Vitamin B2: 0.18mg (10.7%), Vitamin A: 498.17IU (9.96%),
Magnesium: 36.87mg (9.22%), Iron: 1.49mg (8.26%), Vitamin B3: 1.37mg (6.87%), Vitamin B5: 0.66mg (6.63%),
Vitamin B1: 0.1mg (6.59%), Calcium: 32.9mg (3.29%), Selenium: 1.93µg (2.76%)