



## Avocado and Fruit Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



25 min.

SERVINGS



2

CALORIES



370 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 avocado diced pitted peeled
- 2 servings pepper black to taste
- 2 tablespoons juice of lime fresh
- 1 peaches fresh diced pitted peeled
- 0.5 cup onion diced sweet

### Equipment

- bowl

## Directions

- Mix together the avocado, peach, and onion in a bowl.
- Pour the lime juice over the mixture and season with salt and pepper. Toss the mixture until evenly coated.

## Nutrition Facts

**PROTEIN 5.04%** **FAT 66.24%** **CARBS 28.72%**

## Properties

Glycemic Index:56.13, Glycemic Load:4.08, Inflammation Score:-8, Nutrition Score:20.269565146902%

## Flavonoids

Cyanidin: 2.1mg, Cyanidin: 2.1mg, Cyanidin: 2.1mg, Cyanidin: 2.1mg Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 2.5mg, Epicatechin: 2.5mg, Epicatechin: 2.5mg, Epicatechin: 2.5mg Epigallocatechin 3-gallate: 0.56mg, Epigallocatechin 3-gallate: 0.56mg, Epigallocatechin 3-gallate: 0.56mg, Epigallocatechin 3-gallate: 0.56mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 6.38mg, Quercetin: 6.38mg, Quercetin: 6.38mg, Quercetin: 6.38mg

## Nutrients (% of daily need)

Calories: 369.9kcal (18.5%), Fat: 29.8g (45.84%), Saturated Fat: 4.3g (26.86%), Carbohydrates: 29.07g (9.69%), Net Carbohydrates: 14.03g (5.1%), Sugar: 9.88g (10.98%), Cholesterol: 0mg (0%), Sodium: 27.34mg (1.19%), Alcohol: 0g (100%), Protein: 5.1g (10.19%), Fiber: 15.04g (60.15%), Folate: 178.03µg (44.51%), Vitamin K: 44.83µg (42.7%), Vitamin C: 29.59mg (35.87%), Potassium: 1132.83mg (32.37%), Vitamin E: 4.75mg (31.67%), Vitamin B6: 0.59mg (29.67%), Vitamin B5: 2.97mg (29.66%), Copper: 0.47mg (23.41%), Vitamin B3: 4.18mg (20.89%), Manganese: 0.38mg (18.85%), Vitamin B2: 0.29mg (17.35%), Magnesium: 69.26mg (17.32%), Phosphorus: 134.08mg (13.41%), Vitamin B1: 0.17mg (11.53%), Vitamin A: 546.41IU (10.93%), Zinc: 1.52mg (10.16%), Iron: 1.49mg (8.27%), Calcium: 37.66mg (3.77%), Selenium: 2.6µg (3.71%)