



## Avocado and Grapefruit Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



299 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 4 avocados
- 8 boston lettuce leaves whole
- 1 tablespoon chives chopped
- 1 tablespoon dijon mustard
- 4 pink grapefruit
- 0.3 cup juice of lime
- 0.3 cup olive oil
- 8 servings salt and pepper

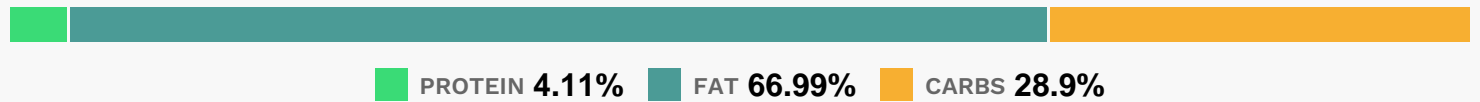
## Equipment

- bowl
- knife
- whisk

## Directions

- Peel a grapefruit, cutting away as much pith as possible. Over a bowl, cut flesh away from membranes and allow fruit to fall into bowl. Repeat with remaining grapefruit.
- Halve avocados lengthwise and remove pits. Scoop out flesh with a spoon. With a stainless-steel knife, cut avocado lengthwise into 1/4-inch-thick slices.
- Sprinkle with 2 Tbsp. lime juice to keep from turning brown.
- Whisk 2 Tbsp. lime juice with mustard, salt and pepper. Gradually whisk in oil.
- Place lettuce leaves flat on a platter. Arrange grapefruit segments and avocado on top.
- Drizzle salad with dressing, sprinkle with chives and serve.

## Nutrition Facts



## Properties

Glycemic Index:17.75, Glycemic Load:3.66, Inflammation Score:-9, Nutrition Score:16.512173859969%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 1.13mg, Hesperetin: 1.13mg, Hesperetin: 1.13mg, Hesperetin: 1.13mg Naringenin: 41.81mg, Naringenin: 41.81mg, Naringenin: 41.81mg, Naringenin: 41.81mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

## Nutrients (% of daily need)

Calories: 299.22kcal (14.96%), Fat: 24.06g (37.01%), Saturated Fat: 3.42g (21.37%), Carbohydrates: 23.36g (7.79%), Net Carbohydrates: 14.29g (5.2%), Sugar: 9.78g (10.87%), Cholesterol: 0mg (0%), Sodium: 222.54mg (9.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.32g (6.64%), Vitamin C: 53.04mg (64.29%), Vitamin A: 2136.97IU (42.74%), Vitamin K: 42.74µg (40.71%), Fiber: 9.07g (36.27%), Folate: 110.28µg (27.57%), Vitamin E: 3.59mg (23.96%), Potassium: 708.83mg (20.25%), Vitamin B5: 1.77mg (17.7%), Vitamin B6: 0.34mg (17.16%), Copper: 0.24mg (11.92%), Magnesium: 44.28mg (11.07%), Vitamin B2: 0.18mg (10.73%), Manganese: 0.21mg (10.44%), Vitamin B3: 2.09mg (10.44%), Vitamin B1: 0.14mg (9.11%), Phosphorus: 83.55mg (8.36%), Zinc: 0.78mg (5.22%), Iron: 0.94mg (5.2%), Calcium: 48.26mg (4.83%), Selenium: 1.27µg (1.81%)