



WHATSheATE



Avocado and Grapefruit Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



298 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 avocados cold pitted ripe rinsed peeled halved thinly sliced
- ☐ 8 large boston lettuce leaves
- ☐ 3 large ruby grapefruits white red
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup olive oil
- ☐ 8 servings sea salt fine
- ☐ 2 tablespoons shallots minced
- ☐ 2 tablespoons verjus* or white

☐ 0.3 cup walnut oil

Equipment

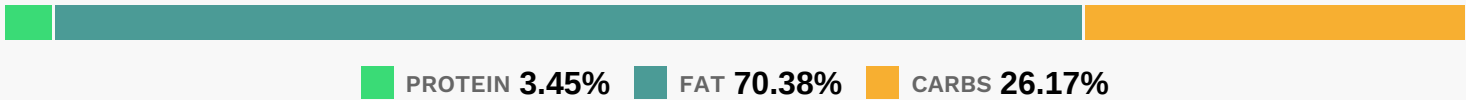
☐ bowl

☐ whisk

Directions

- ☐ Whisk first 3 ingredients in small bowl toblend. Gradually whisk in both oils. Seasondressing to taste with sea salt and pepper.
- ☐ Arrange lettuce on platter. Top withavocado and grapefruit, then dressing.
- ☐ * Milder than vinegar, verjus is a tartjuice made from unripe grapes; availableat specialty foods stores and fromchefshop.com and terrasonoma.com.

Nutrition Facts



Properties

Glycemic Index:16.88, Glycemic Load:3.5, Inflammation Score:-9, Nutrition Score:13.972173900708%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg Naringenin: 40.69mg, Naringenin: 40.69mg, Naringenin: 40.69mg, Naringenin: 40.69mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 298.14kcal (14.91%), Fat: 24.86g (38.25%), Saturated Fat: 3.19g (19.93%), Carbohydrates: 20.8g (6.93%), Net Carbohydrates: 13.5g (4.91%), Sugar: 9.52g (10.58%), Cholesterol: 0mg (0%), Sodium: 200.48mg (8.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.49%), Vitamin C: 48.59mg (58.89%), Vitamin A: 2038.92IU (40.78%), Vitamin K: 36.28µg (34.55%), Fiber: 7.3g (29.19%), Folate: 89.79µg (22.45%), Vitamin E:

2.76mg (18.37%), Potassium: 584.4mg (16.7%), Vitamin B6: 0.28mg (14.12%), Vitamin B5: 1.41mg (14.08%), Copper: 0.19mg (9.44%), Magnesium: 35.96mg (8.99%), Manganese: 0.18mg (8.94%), Vitamin B2: 0.15mg (8.64%), Vitamin B3: 1.63mg (8.14%), Vitamin B1: 0.12mg (7.67%), Phosphorus: 68.65mg (6.87%), Calcium: 43.28mg (4.33%), Iron: 0.78mg (4.33%), Zinc: 0.61mg (4.09%)