



Avocado and Grapefruit Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



192 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 teaspoon coarse salt
- ☐ 2 tablespoon tarragon fresh plus more for garnish chopped
- ☐ 2 grapefruit
- ☐ 4 servings ground pepper fresh
- ☐ 0.5 cup juice of lemon
- ☐ 4 servings lime wedges for serving
- ☐ 0.3 cup walnut oil

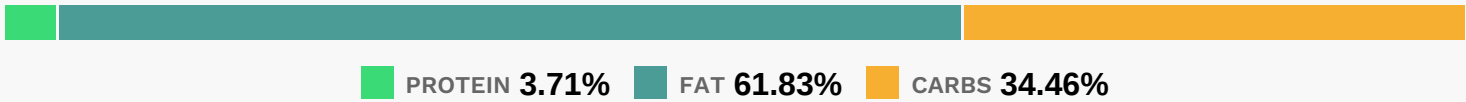
Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk

Directions

- ☐ Brush 2 teaspoons lemon juice over flesh of avocados; set aside.
- ☐ Remove peel and pith from grapefruit using a sharp paring knife. Working over a medium bowl to catch the juice, carefully carve out segments from between membranes.
- ☐ Transfer grapefruit segments to a small bowl; set aside. Reserve juice in bowl.
- ☐ Add ¼ cup lemon juice, the salt, and tarragon to the grapefruit juice; season with pepper.
- ☐ Whisk in oil in a slow, steady stream.
- ☐ Add grapefruit sections; toss gently just to coat.
- ☐ Place each avocado half on a plate. Top with grapefruit mixture, dividing evenly.
- ☐ Garnish with tarragon.
- ☐ Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:4, Inflammation Score:-8, Nutrition Score:8.6913043973239%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 5.29mg, Hesperetin: 5.29mg, Hesperetin: 5.29mg, Hesperetin: 5.29mg Naringenin: 42.23mg, Naringenin: 42.23mg, Naringenin: 42.23mg, Naringenin: 42.23mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 191.79kcal (9.59%), Fat: 14.14g (21.75%), Saturated Fat: 1.35g (8.42%), Carbohydrates: 17.73g (5.91%), Net Carbohydrates: 15.28g (5.55%), Sugar: 9.61g (10.67%), Cholesterol: 0mg (0%), Sodium: 438.54mg (19.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.81%), Vitamin C: 53.78mg (65.19%), Vitamin A: 1621.88IU

(32.44%), Manganese: 0.32mg (16.23%), Fiber: 2.45g (9.81%), Potassium: 312.35mg (8.92%), Vitamin B6: 0.17mg (8.35%), Folate: 32.43µg (8.11%), Iron: 1.28mg (7.09%), Calcium: 70.9mg (7.09%), Magnesium: 25.74mg (6.43%), Vitamin B2: 0.09mg (5.38%), Vitamin B1: 0.07mg (4.77%), Vitamin B5: 0.38mg (3.79%), Phosphorus: 36.77mg (3.68%), Copper: 0.07mg (3.59%), Vitamin B3: 0.61mg (3.03%), Vitamin K: 2.21µg (2.11%), Vitamin E: 0.27mg (1.8%), Zinc: 0.24mg (1.63%)