



Avocado and Grapefruit Salad with Mint Dressing



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



294 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 20 oz firm-ripe avocados
- ☐ 4 boston lettuce leaves rinsed
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 2 pink grapefruit red ()
- ☐ 1 teaspoon honey
- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 cup radishes finely chopped

- ☐ 4 servings salt and pepper
- ☐ 1 tablespoon shallots minced

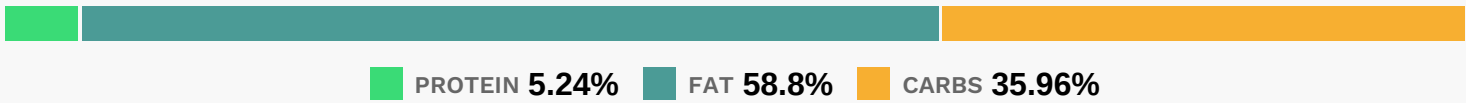
Equipment

- ☐ bowl
- ☐ sieve

Directions

- ☐ Cut peel and white membrane from grapefruit. Working over a strainer set over a bowl, cut between inner membranes and fruit to release segments into strainer. Squeeze juice from membranes into bowl (discard membranes); you need about 1/4 cup juice (reserve any remainder for other uses).
- ☐ Add lemon juice, mint, shallot, and honey to grapefruit juice, and mix.
- ☐ Peel and pit avocados; cut lengthwise into 1/2-inch-thick slices. Set a frise leaf on each of 4 salad or dinner plates and arrange equal portions of grapefruit segments and avocado slices on top.
- ☐ Sprinkle with chopped radishes.
- ☐ Spoon dressing evenly over salads.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:44.82, Glycemic Load:4.86, Inflammation Score:-9, Nutrition Score:19.839565100877%

Flavonoids

Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg Pelargonidin: 6.1mg, Pelargonidin: 6.1mg, Pelargonidin: 6.1mg, Pelargonidin: 6.1mg Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg Hesperetin: 1.66mg, Hesperetin: 1.66mg, Hesperetin: 1.66mg, Hesperetin: 1.66mg Naringenin: 41.88mg, Naringenin: 41.88mg, Naringenin: 41.88mg, Naringenin: 41.88mg Apigenin: 0.07mg, Apigenin: 0.07mg,

Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg
Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg,
Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin:
0.86mg

Nutrients (% of daily need)

Calories: 293.7kcal (14.68%), Fat: 21.09g (32.45%), Saturated Fat: 3.06g (19.13%), Carbohydrates: 29.02g (9.67%),
Net Carbohydrates: 16.95g (6.16%), Sugar: 11.9g (13.22%), Cholesterol: 0mg (0%), Sodium: 209.06mg (9.09%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.23g (8.46%), Vitamin C: 59.61mg (72.25%), Fiber: 12.07g
(48.28%), Vitamin A: 2230.08IU (44.6%), Vitamin K: 45.26µg (43.1%), Folate: 148.63µg (37.16%), Potassium:
942.64mg (26.93%), Vitamin B5: 2.37mg (23.65%), Vitamin B6: 0.47mg (23.27%), Vitamin E: 3.14mg (20.93%),
Copper: 0.33mg (16.29%), Magnesium: 57.56mg (14.39%), Manganese: 0.29mg (14.39%), Vitamin B2: 0.24mg
(14.27%), Vitamin B3: 2.84mg (14.2%), Vitamin B1: 0.16mg (10.94%), Phosphorus: 106.71mg (10.67%), Zinc: 1.09mg
(7.24%), Iron: 1.21mg (6.72%), Calcium: 57.47mg (5.75%), Selenium: 0.89µg (1.28%)