



HEALTH SCORE

51%

Avocado-and-Grapefruit Salad With Pomegranate Seeds



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



211 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1 medium avocado peeled sliced



2 cups grapefruit sections (2 large grapefruit)



2 tablespoons honey



2 tablespoons juice of lime fresh



1 cup pomegranate seeds



2 cups torn radicchio loosely packed



0.5 small onion red separated sliced

☐

2 cups torn romaine lettuce loosely packed

Equipment

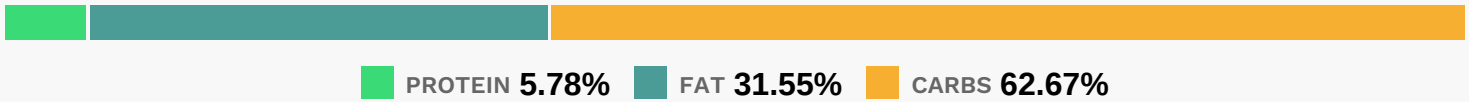
☐

whisk

Directions

- ☐ Place 1/2 cup romaine and 1/2 cup radicchio on each of 4 salad plates. Divide grapefruit, onion, and avocado evenly among plates; top with pomegranate seeds. If desired, cover and chill salad mixture in an airtight container for up to 1 day ahead of serving.
- ☐ Combine honey and lime juice, stirring with a wire whisk; cover and chill. To serve, drizzle 1 tablespoon of the dressing over each salad; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:52.82, Glycemic Load:11.82, Inflammation Score:-10, Nutrition Score:18.41086953101%

Flavonoids

Cyanidin: 25.56mg, Cyanidin: 25.56mg, Cyanidin: 25.56mg, Cyanidin: 25.56mg Delphinidin: 1.54mg, Delphinidin: 1.54mg, Delphinidin: 1.54mg, Delphinidin: 1.54mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 1.08mg, Hesperetin: 1.08mg, Hesperetin: 1.08mg, Hesperetin: 1.08mg Naringenin: 37.56mg, Naringenin: 37.56mg, Naringenin: 37.56mg, Naringenin: 37.56mg Luteolin: 8.3mg, Luteolin: 8.3mg, Luteolin: 8.3mg, Luteolin: 8.3mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.03mg, Quercetin: 10.03mg, Quercetin: 10.03mg, Quercetin: 10.03mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 210.62kcal (10.53%), Fat: 8.17g (12.56%), Saturated Fat: 1.17g (7.32%), Carbohydrates: 36.5g (12.17%), Net Carbohydrates: 28.69g (10.43%), Sugar: 23.6g (26.22%), Cholesterol: 0mg (0%), Sodium: 12.15mg (0.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.73%), Vitamin K: 92.46µg (88.06%), Vitamin A: 3452.14IU

(69.04%), Vitamin C: 50.95mg (61.75%), Fiber: 7.8g (31.22%), Folate: 118.76µg (29.69%), Potassium: 648.48mg (18.53%), Copper: 0.29mg (14.39%), Vitamin B6: 0.27mg (13.58%), Vitamin E: 1.94mg (12.92%), Vitamin B5: 1.27mg (12.74%), Manganese: 0.24mg (11.85%), Magnesium: 37.92mg (9.48%), Vitamin B1: 0.14mg (9.26%), Vitamin B2: 0.15mg (8.99%), Phosphorus: 82.1mg (8.21%), Vitamin B3: 1.39mg (6.96%), Calcium: 51.83mg (5.18%), Zinc: 0.78mg (5.17%), Iron: 0.91mg (5.07%), Selenium: 0.96µg (1.36%)