



Avocado and Mango Salad with Passion Fruit Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



303 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 small avocado pitted peeled halved sliced
- ☐ 1 teaspoon dijon mustard
- ☐ 1 large mangos pitted ripe peeled halved sliced
- ☐ 3 tablespoons olive oil
- ☐ 3 tablespoons passion fruit juice frozen thawed
- ☐ 4 ounces the salad
- ☐ 3 tablespoons shallots minced

- ☐ 4 teaspoons sherry vinegar
- ☐ 1 teaspoon coriander seeds whole

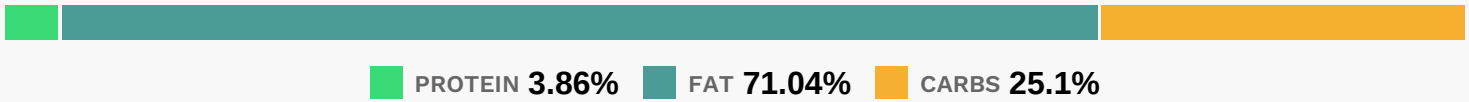
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk first 5 ingredients in small bowl to blend; gradually whisk in oil. Season dressing generously with salt and pepper. Toss salad mix in large bowl with 1/4 cup dressing. Divide salad among 4 plates. Tuck mango and avocado into salad; drizzle some of remaining dressing over mango and avocado.

Nutrition Facts



Properties

Glycemic Index:38.44, Glycemic Load:4.63, Inflammation Score:-8, Nutrition Score:14.48695645125%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg 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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

Nutrients (% of daily need)

Calories: 303.46kcal (15.17%), Fat: 25.63g (39.44%), Saturated Fat: 3.65g (22.81%), Carbohydrates: 20.37g (6.79%), Net Carbohydrates: 12.28g (4.47%), Sugar: 9.85g (10.94%), Cholesterol: 0mg (0%), Sodium: 31.02mg (1.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.14g (6.27%), Vitamin C: 39.5mg (47.88%), Fiber: 8.09g (32.35%), Folate: 117.56µg (29.39%), Vitamin K: 29.72µg (28.31%), Vitamin E: 4.07mg (27.11%), Vitamin A: 1109.42IU (22.19%), Potassium: 689.27mg (19.69%), Vitamin B6: 0.37mg (18.74%), Vitamin B5: 1.56mg (15.57%), Copper: 0.28mg (14.07%), Manganese: 0.26mg (12.79%), Vitamin B3: 2.45mg (12.23%), Magnesium: 43.35mg (10.84%),

Vitamin B2: 0.18mg (10.75%), Phosphorus: 80.3mg (8.03%), Vitamin B1: 0.1mg (6.56%), Iron: 1.11mg (6.19%), Zinc: 0.82mg (5.45%), Calcium: 29.39mg (2.94%), Selenium: 1.48µg (2.12%)