



Avocado and Orange Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



95 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup avocado sliced
- ☐ 0.5 teaspoon pepper black
- ☐ 1 tablespoon garlic minced
- ☐ 0.5 cup grape tomatoes halved
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 teaspoon olive oil
- ☐ 1 cranberry-orange relish
- ☐ 0.3 cup onion red thinly sliced

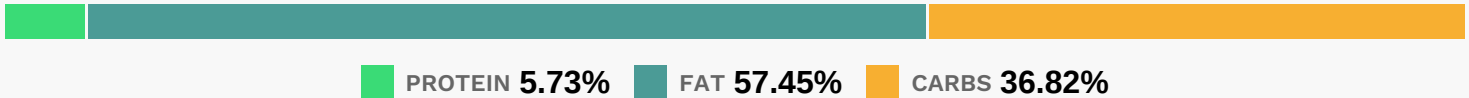
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine garlic, olive oil, black pepper, and kosher salt in a medium bowl. Peel and section orange; squeeze membranes to extract juice into bowl. Stir garlic mixture with a whisk.
- ☐ Add orange sections, grape tomatoes, onion, and avocado to garlic mixture; toss gently.

Nutrition Facts



Properties

Glycemic Index:52.38, Glycemic Load:2.2, Inflammation Score:-5, Nutrition Score:6.3586956806805%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg Naringenin: 5.14mg, Naringenin: 5.14mg, Naringenin: 5.14mg, Naringenin: 5.14mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

Nutrients (% of daily need)

Calories: 95.19kcal (4.76%), Fat: 6.62g (10.18%), Saturated Fat: 0.96g (5.98%), Carbohydrates: 9.54g (3.18%), Net Carbohydrates: 5.75g (2.09%), Sugar: 4.25g (4.72%), Cholesterol: 0mg (0%), Sodium: 149.71mg (6.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.97%), Vitamin C: 25.09mg (30.41%), Fiber: 3.8g (15.19%), Folate: 45µg (11.25%), Vitamin K: 10.43µg (9.93%), Potassium: 311.28mg (8.89%), Vitamin B6: 0.17mg (8.42%), Manganese: 0.16mg (8.06%), Vitamin E: 1.09mg (7.24%), Vitamin B5: 0.65mg (6.47%), Vitamin A: 285.33IU (5.71%), Copper: 0.11mg (5.51%), Vitamin B1: 0.07mg (4.63%), Magnesium: 18.13mg (4.53%), Vitamin B3: 0.88mg (4.42%), Vitamin B2: 0.07mg (4.16%), Phosphorus: 34.91mg (3.49%), Calcium: 26.59mg (2.66%), Zinc: 0.34mg (2.25%), Iron: 0.38mg (2.09%)