



## Avocado and Orange Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



167 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 but avocados firm pitted ripe peeled cut into 1/2-inch pieces
- 6 cups baby spinach with a salad spinner or paper towels washed and dried well
- 3 tablespoons juice of lime
- 2 navel oranges white peeled
- 0.3 cup olive oil
- 0.5 small onion red thinly sliced
- 8 servings salt and pepper

### Equipment

bowl

whisk

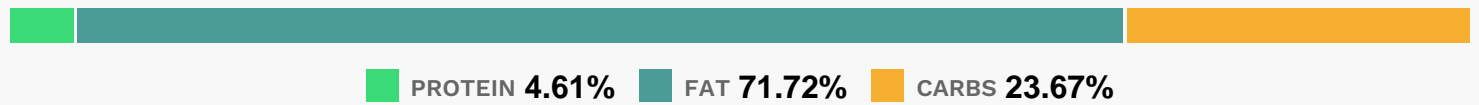
## Directions

Whisk lime juice, salt and pepper in small bowl. Slowly whisk in olive oil until well combined.

Place orange sections, avocados, onion and spinach in a large bowl and drizzle dressing on top. Toss gently to coat.

Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:12.38, Glycemic Load:0.61, Inflammation Score:-9, Nutrition Score:15.118260971878%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 8.16mg, Hesperetin: 8.16mg, Hesperetin: 8.16mg, Hesperetin: 8.16mg Naringenin: 2.51mg, Naringenin: 2.51mg, Naringenin: 2.51mg, Naringenin: 2.51mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

## Nutrients (% of daily need)

Calories: 166.55kcal (8.33%), Fat: 14.29g (21.98%), Saturated Fat: 2.03g (12.66%), Carbohydrates: 10.61g (3.54%), Net Carbohydrates: 5.84g (2.12%), Sugar: 3.79g (4.21%), Cholesterol: 0mg (0%), Sodium: 215.96mg (9.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.13%), Vitamin K: 123.35µg (117.48%), Vitamin A: 2272.59IU (45.45%), Vitamin C: 34.23mg (41.49%), Folate: 98.12µg (24.53%), Fiber: 4.77g (19.08%), Vitamin E: 2.54mg (16.9%), Manganese: 0.29mg (14.69%), Potassium: 444.09mg (12.69%), Vitamin B6: 0.21mg (10.55%), Magnesium: 37.34mg (9.34%), Vitamin B5: 0.82mg (8.19%), Vitamin B2: 0.13mg (7.55%), Copper: 0.14mg (7.14%), Vitamin B3: 1.2mg (6.01%), Iron: 0.99mg (5.5%), Vitamin B1: 0.08mg (5.31%), Phosphorus: 47.99mg (4.8%), Calcium: 45.91mg (4.59%), Zinc: 0.49mg (3.24%)