



Avocado and Orange Salad With Orange-Ginger Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



501 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 avocado ripe cut into long strips
- 3 large cranberry-orange relish
- 2 spring onion finely
- 3 tablespoons orange juice
- 4 juice of lemon
- 0.5 teaspoon ginger fresh
- 1 teaspoon agave nectar

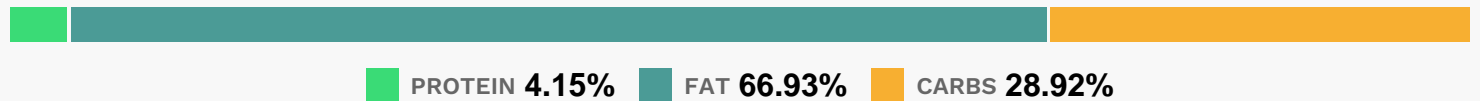
- 3 tablespoons olive oil
- 4 servings salt and pepper to taste

Equipment

Directions

- Arrange the avocado and orange slices overlapping each other on a platter. Squeeze over the juice from the orange left after segmenting the pieces.
- Sprinkle over the spring onions and some salt over the salad. Cover with cling film and refrigerate until ready to serve.
- Blend all the dressing ingredients together. Season to taste with salt and pepper. Before serving pour the dressing over the salad.

Nutrition Facts



Properties

Glycemic Index:49.13, Glycemic Load:8.04, Inflammation Score:-9, Nutrition Score:25.873913043478%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 43.47mg, Hesperetin: 43.47mg, Hesperetin: 43.47mg, Hesperetin: 43.47mg Naringenin: 21.83mg, Naringenin: 21.83mg, Naringenin: 21.83mg, Naringenin: 21.83mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 501.49kcal (25.07%), Fat: 40.33g (62.05%), Saturated Fat: 5.77g (36.05%), Carbohydrates: 39.22g (13.07%), Net Carbohydrates: 22.16g (8.06%), Sugar: 17.9g (19.89%), Cholesterol: 0mg (0%), Sodium: 209.59mg (9.11%), Protein: 5.63g (11.26%), Vitamin C: 113.07mg (137.05%), Fiber: 17.06g (68.24%), Vitamin K: 61.53µg (58.6%), Folate: 218.65µg (54.66%), Vitamin E: 6.03mg (40.2%), Potassium: 1298.87mg (37.11%), Vitamin B5: 3.21mg (32.05%), Vitamin B6: 0.63mg (31.41%), Copper: 0.46mg (23.02%), Vitamin B3: 4.02mg (20.08%), Vitamin B2:

0.33mg (19.64%), Magnesium: 76.63mg (19.16%), Vitamin B1: 0.28mg (18.65%), Manganese: 0.34mg (16.81%),
Vitamin A: 691.08IU (13.82%), Phosphorus: 130.74mg (13.07%), Zinc: 1.43mg (9.53%), Calcium: 87.13mg (8.71%), Iron:
1.45mg (8.03%), Selenium: 1.62µg (2.31%)