



## Avocado and Papaya Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



195 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 avocados diced peeled
- 1 tablespoon honey
- 3 tablespoons juice of lime fresh ( 2 limes)
- 1 cup papaya diced peeled ( 1 medium)
- 0.3 teaspoon salt

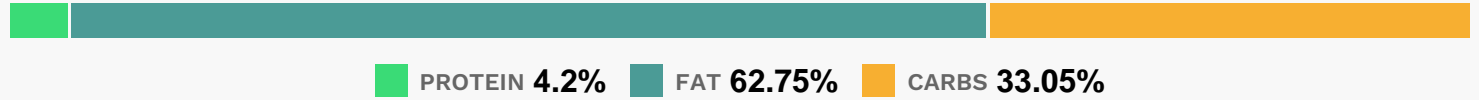
### Equipment

- bowl
- whisk

## Directions

- Combine first 3 ingredients in a bowl, stirring well with a whisk.
- Add papaya and avocado; toss gently to coat.

## Nutrition Facts



## Properties

Glycemic Index:37.76, Glycemic Load:4.86, Inflammation Score:-6, Nutrition Score:11.05826089434%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg 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 Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 194.62kcal (9.73%), Fat: 14.87g (22.88%), Saturated Fat: 2.17g (13.56%), Carbohydrates: 17.63g (5.88%), Net Carbohydrates: 10.24g (3.72%), Sugar: 7.9g (8.78%), Cholesterol: 0mg (0%), Sodium: 155.61mg (6.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.24g (4.47%), Vitamin C: 34.77mg (42.14%), Fiber: 7.38g (29.54%), Folate: 95.58µg (23.9%), Vitamin K: 22.08µg (21.03%), Potassium: 567.05mg (16.2%), Vitamin B5: 1.48mg (14.8%), Vitamin E: 2.21mg (14.73%), Vitamin B6: 0.28mg (13.86%), Copper: 0.21mg (10.59%), Vitamin A: 484.86IU (9.7%), Vitamin B3: 1.9mg (9.48%), Magnesium: 37.5mg (9.38%), Vitamin B2: 0.14mg (8.46%), Manganese: 0.16mg (8.17%), Phosphorus: 57.54mg (5.75%), Vitamin B1: 0.08mg (5.21%), Zinc: 0.69mg (4.61%), Iron: 0.67mg (3.74%), Calcium: 21.04mg (2.1%)