



Avocado and Pineapple Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



242 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 medium avocados sliced
- ☐ 8 cups iceberg crisp
- ☐ 8 servings lime wedges fresh
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.3 cup orange juice fresh
- ☐ 0.5 teaspoon pepper
- ☐ 2 cups pineapple chunks fresh
- ☐ 1 medium onion red thinly sliced

- ☐ 0.8 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.3 cup vinegar white

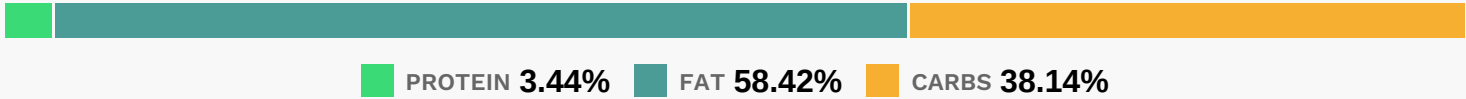
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Toss together first 3 ingredients in a large bowl.
- ☐ Whisk together oil and next 5 ingredients.
- ☐ Pour desired amount of dressing over salad mixture, and toss well. Spoon salad onto individual plates. Arrange avocado slices over salads; serve with lime wedges.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:41.89, Glycemic Load:6.01, Inflammation Score:-6, Nutrition Score:9.5630435217982%

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: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.66mg, Hesperetin: 1.66mg, Hesperetin: 1.66mg, Hesperetin: 1.66mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg

Nutrients (% of daily need)

Calories: 242.27kcal (12.11%), Fat: 16.61g (25.56%), Saturated Fat: 2.34g (14.63%), Carbohydrates: 24.4g (8.13%), Net Carbohydrates: 19.09g (6.94%), Sugar: 17.89g (19.88%), Cholesterol: 0mg (0%), Sodium: 230.48mg (10.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.4%), Vitamin K: 34.01µg (32.39%), Vitamin C: 19.08mg (23.12%), Fiber: 5.31g (21.25%), Folate: 70.35µg (17.59%), Vitamin E: 2.49mg (16.59%), Potassium: 462.47mg (13.21%), Vitamin B6: 0.23mg (11.26%), Manganese: 0.2mg (10.16%), Vitamin A: 486.5IU (9.73%), Copper: 0.19mg (9.51%), Vitamin B1: 0.14mg (9.31%), Vitamin B5: 0.8mg (8.04%), Magnesium: 31.38mg (7.85%), Vitamin B2: 0.1mg (6.13%), Vitamin B3: 1.19mg (5.96%), Phosphorus: 51.22mg (5.12%), Iron: 0.86mg (4.8%), Zinc: 0.52mg (3.48%), Calcium: 34.56mg (3.46%)