



Avocado and Pink Grapefruit Salad with Coriander



Vegetarian



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



417 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 small avocado pitted peeled halved
- ☐ 1 teaspoon coriander seeds
- ☐ 1 teaspoon ginger fresh grated peeled
- ☐ 2 pink grapefruits
- ☐ 0.5 teaspoon honey
- ☐ 2 cups baby greens mixed packed ()
- ☐ 2 tablespoons olive oil

- ☐ 0.3 teaspoon asian sesame oil
- ☐ 1 tablespoon shallots minced
- ☐ 1 teaspoon soya sauce

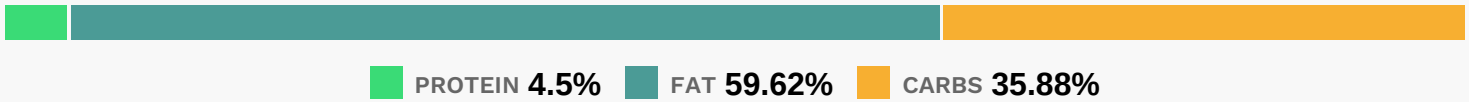
Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk

Directions

- ☐ Using small sharp knife, cut off peel andwhite pith from 1 grapefruit.
- ☐ Cut grapefruitcrosswise into 4 slices.
- ☐ Cut second grapefruitin half and squeeze enough juice to measure3 tablespoons.
- ☐ Whisk juice, olive oil, and next6 ingredients in small bowl. Season dressingto taste with salt and pepper. Toss greenswith 2 tablespoons dressing in mediumbowl and divide between 2 plates. Arrangegrapefruit slices and avocado alongside andspoon remaining dressing over.
- ☐ Per serving: 368.55 Calories (kcal),63.6 % Calories from Fat,
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:88.64, Glycemic Load:7.56, Inflammation Score:-10, Nutrition Score:21.857391502546%

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 Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 83.56mg, Naringenin: 83.56mg, Naringenin: 83.56mg, Naringenin: 83.56mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.55mg, Luteolin: 1.55mg, Luteolin: 1.55mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg

Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 417.4kcal (20.87%), Fat: 29.85g (45.93%), Saturated Fat: 4.21g (26.34%), Carbohydrates: 40.43g (13.48%), Net Carbohydrates: 28.97g (10.54%), Sugar: 20.2g (22.44%), Cholesterol: 0mg (0%), Sodium: 186.45mg (8.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.07g (10.14%), Vitamin C: 99.87mg (121.06%), Vitamin A: 3545.33IU (70.91%), Fiber: 11.46g (45.82%), Folate: 131.87µg (32.97%), Vitamin E: 4.44mg (29.6%), Vitamin K: 29.64µg (28.23%), Potassium: 942.75mg (26.94%), Vitamin B6: 0.45mg (22.56%), Vitamin B5: 2.14mg (21.44%), Copper: 0.31mg (15.7%), Magnesium: 62.6mg (15.65%), Manganese: 0.31mg (15.5%), Vitamin B2: 0.24mg (14.09%), Vitamin B3: 2.65mg (13.25%), Vitamin B1: 0.2mg (13.12%), Phosphorus: 125.34mg (12.53%), Calcium: 83.53mg (8.35%), Iron: 1.4mg (7.75%), Zinc: 0.99mg (6.62%), Selenium: 1.18µg (1.69%)