



Avocado and Radish Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



198 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup cilantro leaves chopped
- ☐ 6 hass avocados--halved firm ripe peeled sliced
- ☐ 0.5 cup juice of lemon fresh
- ☐ 0.5 cup olive oil
- ☐ 3 pounds radishes white red thinly sliced
- ☐ 12 servings salt and pepper freshly ground
- ☐ 3 scallions thinly sliced

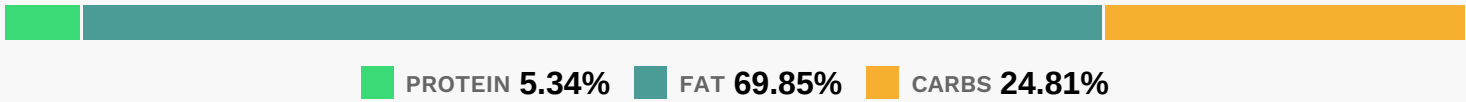
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a bowl, whisk the lemon juice and olive oil. Season with salt and pepper. In another bowl, combine the avocados and scallions with half of the dressing and toss. Arrange the avocados around a large platter or shallow bowl.
- ☐ Add the radishes to the remaining dressing and toss. Mound in the center of the platter.
- ☐ Sprinkle the cilantro over the salad and serve.

Nutrition Facts



Properties

Glycemic Index:11.33, Glycemic Load:1.44, Inflammation Score:-6, Nutrition Score:12.733913022539%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Pelargonidin: 71.59mg, Pelargonidin: 71.59mg, Pelargonidin: 71.59mg, Pelargonidin: 71.59mg 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: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 198.13kcal (9.91%), Fat: 16.72g (25.72%), Saturated Fat: 2.43g (15.19%), Carbohydrates: 13.36g (4.45%), Net Carbohydrates: 4.7g (1.71%), Sugar: 3.1g (3.45%), Cholesterol: 0mg (0%), Sodium: 245.82mg (10.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.88g (5.76%), Vitamin C: 31.42mg (38.09%), Fiber: 8.67g (34.66%), Vitamin K: 30.91µg (29.43%), Folate: 113.91µg (28.48%), Potassium: 772.19mg (22.06%), Vitamin B6: 0.35mg (17.29%), Vitamin B5: 1.6mg (16.01%), Vitamin E: 2.38mg (15.86%), Copper: 0.25mg (12.63%), Manganese: 0.23mg (11.44%), Vitamin B2: 0.18mg (10.55%), Magnesium: 41.79mg (10.45%), Vitamin B3: 2.07mg (10.33%), Phosphorus: 77.02mg (7.7%), Zinc: 0.98mg (6.53%), Vitamin B1: 0.09mg (5.68%), Iron: 1.01mg (5.6%), Calcium: 43.54mg (4.35%), Vitamin A: 207.68IU (4.15%), Selenium: 1.11µg (1.59%)