



Avocado and Tangerine Salad with Jalapeño Vinaigrette

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



221 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 avocado sliced
- ☐ 0.3 cup feta cheese crumbled
- ☐ 0.5 cup mint leaves fresh
- ☐ 1 jalapeno
- ☐ 8 servings pepper freshly ground
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 small shallots finely chopped

- ☐ 0.5 cup tangerine juice fresh
- ☐ 4 3 large clementines peeled sliced into rounds
- ☐ 6 cups watercress thick trimmed
- ☐ 0.3 cup vegetable oil
- ☐ 2 tablespoons citrus champagne vinegar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Simmer tangerine juice in a small saucepan until syrupy and reduced to about 2 tablespoons, 5–8 minutes.
- ☐ Let cool.
- ☐ Heat a small heavy skillet over mediumhigh heat. Cook jalapeño, turning occasionally, until blistered and charred all over, about 8 minutes. (Alternatively, roast jalapeño directly over gas flame, turning occasionally.)
- ☐ Let cool; remove stem, skin, and seeds, then finely chop.
- ☐ Whisk shallot, vinegar, reduced tangerine juice, and half of jalapeño in a medium bowl; season with salt and pepper.
- ☐ Whisk in vegetable oil, then olive oil.
- ☐ Add remaining jalapeño, if desired. Set vinaigrette aside.
- ☐ Toss avocados, tangerines, purslane, mint, and vinaigrette in a large bowl; top with feta.
- ☐ DO AHEAD: Vinaigrette can be made 1 day ahead; cover and chill.

Nutrition Facts



 PROTEIN 5.29%  FAT 74.12%  CARBS 20.59%

Properties

Glycemic Index:32.88, Glycemic Load:3.33, Inflammation Score:-8, Nutrition Score:13.937391391915%

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: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 2.93mg, Hesperetin: 2.93mg, Hesperetin: 2.93mg, Hesperetin: 2.93mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 5.87mg, Kaempferol: 5.87mg, Kaempferol: 5.87mg, Kaempferol: 5.87mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.78mg, Quercetin: 7.78mg, Quercetin: 7.78mg, Quercetin: 7.78mg

Nutrients (% of daily need)

Calories: 220.65kcal (11.03%), Fat: 19.19g (29.53%), Saturated Fat: 3.44g (21.53%), Carbohydrates: 12g (4%), Net Carbohydrates: 7.44g (2.71%), Sugar: 5.63g (6.25%), Cholesterol: 5.56mg (1.85%), Sodium: 87.44mg (3.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.16%), Vitamin K: 89.56µg (85.3%), Vitamin C: 41.82mg (50.69%), Vitamin A: 1091.51IU (21.83%), Fiber: 4.55g (18.21%), Vitamin E: 2.53mg (16.84%), Folate: 59.41µg (14.85%), Potassium: 458.31mg (13.09%), Vitamin B6: 0.24mg (12.24%), Manganese: 0.21mg (10.4%), Vitamin B2: 0.17mg (10.14%), Vitamin B5: 0.94mg (9.38%), Calcium: 90.22mg (9.02%), Phosphorus: 77.26mg (7.73%), Copper: 0.15mg (7.57%), Vitamin B1: 0.11mg (7.46%), Magnesium: 29.54mg (7.38%), Vitamin B3: 1.32mg (6.58%), Zinc: 0.61mg (4.03%), Iron: 0.68mg (3.79%), Selenium: 1.47µg (2.1%), Vitamin B12: 0.11µg (1.76%)