



Avocado and Tomato Salad

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

75 min.

SERVINGS

servings

6

CALORIES

calories

414 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 avocados diced pitted peeled
- ☐ 0.3 teaspoon ground pepper black to taste
- ☐ 1 onion red thinly sliced
- ☐ 4 large tomatoes chopped
- ☐ 8 ounce balsamic vinaigrette salad dressing

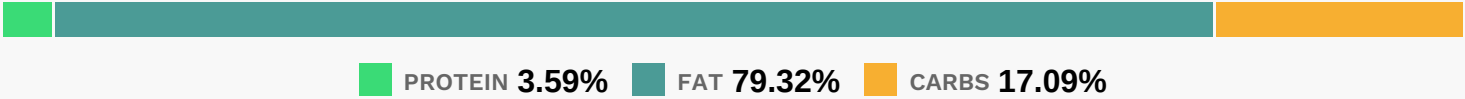
Equipment

- ☐ bowl

Directions

☐ In a large serving bowl, toss together the tomatoes, avocados and red onion. Dust lightly with black pepper, and pour salad dressing over. Cover and chill for at least one hour before serving to blend flavors.

Nutrition Facts



Properties

Glycemic Index:22.83, Glycemic Load:2.61, Inflammation Score:-8, Nutrition Score:18.651304172433%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg

Nutrients (% of daily need)

Calories: 413.5kcal (20.68%), Fat: 38.9g (59.84%), Saturated Fat: 6.34g (39.6%), Carbohydrates: 18.86g (6.29%), Net Carbohydrates: 8.09g (2.94%), Sugar: 5.8g (6.44%), Cholesterol: 0mg (0%), Sodium: 16.57mg (0.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.96g (7.92%), Vitamin K: 75.28µg (71.7%), Fiber: 10.77g (43.07%), Vitamin C: 31.38mg (38.04%), Vitamin E: 5.18mg (34.51%), Folate: 130.24µg (32.56%), Potassium: 968.36mg (27.67%), Vitamin A: 1207.17IU (24.14%), Vitamin B6: 0.46mg (23.18%), Vitamin B5: 1.99mg (19.93%), Manganese: 0.36mg (18.14%), Copper: 0.33mg (16.72%), Vitamin B3: 3.07mg (15.37%), Magnesium: 54.18mg (13.55%), Vitamin B2: 0.2mg (11.9%), Phosphorus: 104.25mg (10.42%), Vitamin B1: 0.14mg (9.55%), Zinc: 1.1mg (7.31%), Iron: 1.11mg (6.17%), Calcium: 32.8mg (3.28%), Selenium: 1.24µg (1.77%)