



Avocado-Apple Salad With Maple-Walnut Vinaigrette

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



310 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 fuji apples sliced into thin wedges 2 cups sliced
- ☐ 1 large avocado cut into 1-inch cubes
- ☐ 1 cup jicama thinly sliced
- ☐ 6 servings maple-walnut vinaigrette
- ☐ 6 cups baby greens mixed
- ☐ 1 cup monterrey jack cheese cubed
- ☐ 0.7 cup pecans toasted coarsely chopped

☐ 3 tablespoons onion red chopped

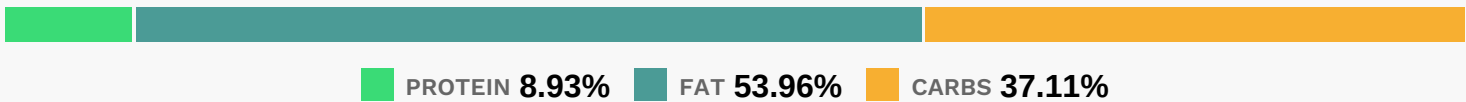
Equipment

☐ bowl

Directions

- ☐ Place greens in a large bowl. Top with apples and next 4 ingredients, arranging them in clusters, if desired.
- ☐ Sprinkle with 1/3 cup pecans.
- ☐ Drizzle with Maple-Walnut Vinaigrette just before serving.
- ☐ Sprinkle with remaining 1/3 cup pecans.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:7.69, Inflammation Score:-7, Nutrition Score:13.269565157268%

Flavonoids

Cyanidin: 2.36mg, Cyanidin: 2.36mg, Cyanidin: 2.36mg, Cyanidin: 2.36mg Delphinidin: 0.88mg, Delphinidin: 0.88mg, Delphinidin: 0.88mg, Delphinidin: 0.88mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.67mg, Catechin: 1.67mg, Catechin: 1.67mg, Catechin: 1.67mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 4.79mg, Epicatechin: 4.79mg, Epicatechin: 4.79mg, Epicatechin: 4.79mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg

Nutrients (% of daily need)

Calories: 309.72kcal (15.49%), Fat: 19.51g (30.01%), Saturated Fat: 5.09g (31.79%), Carbohydrates: 30.18g (10.06%), Net Carbohydrates: 24.17g (8.79%), Sugar: 19.69g (21.88%), Cholesterol: 16.76mg (5.59%), Sodium: 129.22mg (5.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.26g (14.53%), Manganese: 1.15mg (57.71%), Vitamin B2: 0.43mg (25.3%), Vitamin C: 20.3mg (24.61%), Fiber: 6.01g (24.04%), Calcium: 187.38mg (18.74%), Phosphorus: 162.21mg (16.22%), Vitamin A: 692.33IU (13.85%), Folate: 53.36µg (13.34%), Copper: 0.26mg (13.19%), Potassium:

445.9mg (12.74%), Magnesium: 44.19mg (11.05%), Zinc: 1.62mg (10.8%), Vitamin B6: 0.2mg (9.92%), Vitamin B1: 0.15mg (9.82%), Vitamin K: 9.35µg (8.9%), Vitamin E: 1.12mg (7.48%), Vitamin B5: 0.73mg (7.3%), Iron: 1.11mg (6.19%), Vitamin B3: 1.08mg (5.41%), Selenium: 3.66µg (5.23%), Vitamin B12: 0.16µg (2.61%)