

health-score 72%

HEALTH SCORE

Avocado, Artichoke Hearts and Heart of Palm Salad served in Lettuce Wraps

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free ☒ Very Healthy

READY IN

ready

15 min.

SERVINGS

servings

4

CALORIES

calories

323 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 14 ounce artichoke hearts in water drained canned
- ☐ 2 avocados cut in large chunks
- ☐ 1 head boston lettuce dried whole rinsed
- ☐ 0.5 cucumber english thinly sliced
- ☐ 0.3 cup cilantro leaves fresh coarsely chopped
- ☐ 14 ounce hearts of palm drained cut into medium chunks, canned
- ☐ 1 poblano pepper seeded finely chopped

- ☐ 0.5 small onion red finely chopped
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 3 tablespoons vinegar white

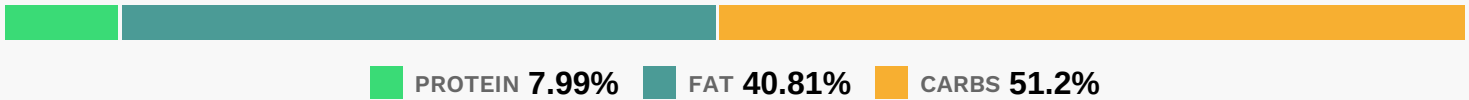
Equipment

- ☐ bowl

Directions

- ☐ In a medium bowl, combine the artichoke hearts, hearts of palm, cucumber, onion, poblano, and cilantro.
- ☐ Add the avocado and drizzle with vinegar. Season with salt and pepper. Carefully mix, taking care not to break up the avocados. To serve, spoon the salad into the butter lettuce cups.;

Nutrition Facts



Properties

Glycemic Index:47.75, Glycemic Load:1.12, Inflammation Score:-9, Nutrition Score:26.443043532579%

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 Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg

Nutrients (% of daily need)

Calories: 322.82kcal (16.14%), Fat: 15.18g (23.35%), Saturated Fat: 2.24g (13.98%), Carbohydrates: 42.84g (14.28%), Net Carbohydrates: 31.67g (11.51%), Sugar: 20.77g (23.08%), Cholesterol: 0mg (0%), Sodium: 392.24mg (17.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.69g (13.37%), Potassium: 2510.42mg (71.73%), Vitamin K: 74.46µg (70.92%), Vitamin B6: 1.2mg (59.77%), Vitamin C: 45.75mg (55.46%), Fiber: 11.18g (44.71%), Copper: 0.88mg (44.06%), Folate: 143.82µg (35.95%), Vitamin A: 1781.59IU (35.63%), Zinc: 4.57mg (30.47%), Phosphorus: 224.68mg (22.47%), Vitamin B2: 0.36mg (21.22%), Vitamin E: 2.8mg (18.67%), Iron: 3mg (16.67%), Manganese: 0.32mg (16.15%), Vitamin B5: 1.61mg (16.08%), Vitamin B3: 2.99mg (14.97%), Magnesium: 54.14mg (13.54%), Vitamin

B1: 0.17mg (11.62%), Calcium: 58.15mg (5.82%), Selenium: 1.6µg (2.28%)