



Avocado & chilli salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



191 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

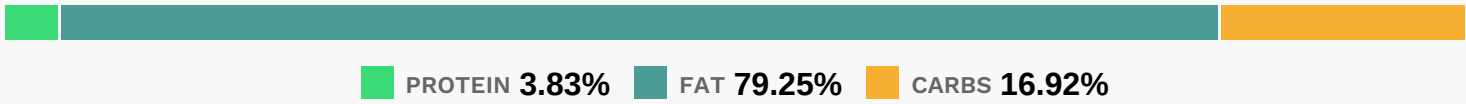
- ☐ 1 avocado ripe sliced
- ☐ 200 g the salad mixed
- ☐ 1 lime zest
- ☐ 1 pepper flakes deseeded finely chopped
- ☐ 3 tbsp olive oil

Equipment

Directions

☐ Combine dressing ingredients and season. Toss through the avocado slices and mixed leaves.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:1.15, Inflammation Score:-7, Nutrition Score:9.2717391511668%

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 Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 190.74kcal (9.54%), Fat: 18g (27.7%), Saturated Fat: 2.53g (15.83%), Carbohydrates: 8.65g (2.88%), Net Carbohydrates: 4.64g (1.69%), Sugar: 1.21g (1.35%), Cholesterol: 0mg (0%), Sodium: 18.08mg (0.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.96g (3.92%), Vitamin C: 37.67mg (45.66%), Vitamin E: 2.67mg (17.78%), Vitamin K: 18.55µg (17.67%), Fiber: 4g (16.02%), Folate: 63.13µg (15.78%), Vitamin A: 756.84IU (15.14%), Vitamin B6: 0.23mg (11.66%), Potassium: 383.13mg (10.95%), Manganese: 0.17mg (8.36%), Vitamin B5: 0.82mg (8.17%), Copper: 0.15mg (7.29%), Vitamin B3: 1.32mg (6.61%), Vitamin B2: 0.1mg (6.08%), Magnesium: 23.67mg (5.92%), Phosphorus: 53.48mg (5.35%), Iron: 0.87mg (4.81%), Vitamin B1: 0.06mg (4.12%), Zinc: 0.47mg (3.16%), Calcium: 19.74mg (1.97%)