



Avocado Citrus Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



243 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 avocados ripe peeled sliced
- ☐ 3 tablespoons cider vinegar
- ☐ 1 large grapefruit peeled
- ☐ 1 cup grapes green seedless
- ☐ 2 oranges peeled
- ☐ 1 pears peeled thinly sliced
- ☐ 8 cups torn salad greens
- ☐ 0.3 teaspoon salt

- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons vegetable oil

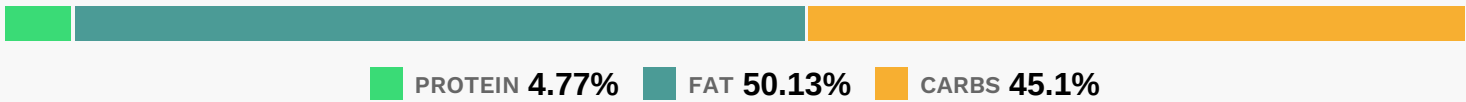
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together first 4 ingredients; set dressing aside.
- ☐ Place greens in a large bowl.
- ☐ Add oranges and next 4 ingredients.
- ☐ Drizzle with dressing, tossing gently to coat.
- ☐ Sprinkle with walnuts, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:50.06, Glycemic Load:8.23, Inflammation Score:-8, Nutrition Score:14.423478354578%

Flavonoids

Cyanidin: 0.83mg, Cyanidin: 0.83mg, Cyanidin: 0.83mg, Cyanidin: 0.83mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 1.36mg, Epicatechin: 1.36mg, Epicatechin: 1.36mg, Epicatechin: 1.36mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Hesperetin: 12.09mg, Hesperetin: 12.09mg, Hesperetin: 12.09mg, Hesperetin: 12.09mg Naringenin: 24.75mg, Naringenin: 24.75mg, Naringenin: 24.75mg, Naringenin: 24.75mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 243.12kcal (12.16%), Fat: 14.64g (22.52%), Saturated Fat: 2.16g (13.51%), Carbohydrates: 29.63g (9.88%), Net Carbohydrates: 22.06g (8.02%), Sugar: 17.16g (19.06%), Cholesterol: 0mg (0%), Sodium: 116.65mg (5.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.13g (6.26%), Vitamin C: 61.65mg (74.73%), Fiber: 7.57g (30.27%), Vitamin A: 1462.3IU (29.25%), Vitamin K: 27.39µg (26.08%), Folate: 96.88µg (24.22%), Potassium: 658.44mg (18.81%), Vitamin B6: 0.3mg (15.03%), Vitamin E: 1.99mg (13.28%), Vitamin B5: 1.28mg (12.76%), Copper: 0.25mg (12.42%), Manganese: 0.25mg (12.39%), Vitamin B2: 0.17mg (10.24%), Magnesium: 38.86mg (9.71%), Vitamin B1: 0.14mg (9.57%), Vitamin B3: 1.79mg (8.95%), Phosphorus: 80.91mg (8.09%), Iron: 0.95mg (5.3%), Calcium: 50.4mg (5.04%), Zinc: 0.66mg (4.41%), Selenium: 0.83µg (1.19%)