



 4%
HEALTH SCORE

Avocado Citrus Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



10

CALORIES



165 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 medium avocado ripe peeled sliced
- 3 tablespoons apple cider vinegar
- 1 large grapefruit peeled
- 1 cup grapes green
- 2 medium cranberry-orange relish peeled
- 1 medium pears thinly sliced
- 8 cups the salad
- 0.5 teaspoon salt

- 2 tablespoons sugar
- 0.5 cup vegetable oil
- 0.3 cup walnut pieces chopped

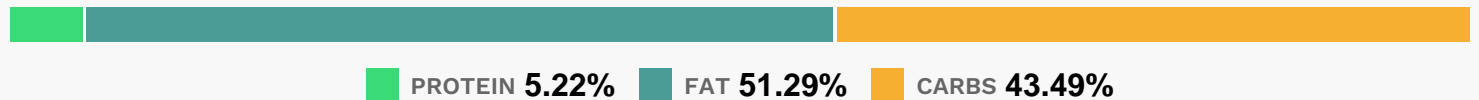
Equipment

- bowl

Directions

- In a small bowl, combine oil, vinegar, sugar and salt.
- Add avocados. In a large salad bowl, toss remaining ingredients.
- Pour the dressing over salad and gently toss to coat.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:32.03, Glycemic Load:5.82, Inflammation Score:-7, Nutrition Score:9.2652174156645%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Hesperetin: 7.26mg, Hesperetin: 7.26mg, Hesperetin: 7.26mg, Hesperetin: 7.26mg Naringenin: 14.85mg, Naringenin: 14.85mg, Naringenin: 14.85mg, Naringenin: 14.85mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 164.85kcal (8.24%), Fat: 10.15g (15.62%), Saturated Fat: 1.39g (8.71%), Carbohydrates: 19.38g (6.46%), Net Carbohydrates: 14.64g (5.32%), Sugar: 11.57g (12.85%), Cholesterol: 0mg (0%), Sodium: 128.2mg (5.57%), Alcohol: 0g (100%), Protein: 2.32g (4.65%), Vitamin C: 37.03mg (44.88%), Fiber: 4.74g (18.95%), Vitamin A: 877.96IU

(17.56%), Folate: 60.99µg (15.25%), Vitamin K: 15.52µg (14.78%), Manganese: 0.25mg (12.44%), Potassium: 408mg (11.66%), Vitamin B6: 0.2mg (9.8%), Copper: 0.2mg (9.78%), Vitamin B5: 0.78mg (7.82%), Vitamin E: 1.17mg (7.81%), Magnesium: 27.94mg (6.98%), Vitamin B2: 0.11mg (6.42%), Vitamin B1: 0.1mg (6.41%), Phosphorus: 58.66mg (5.87%), Vitamin B3: 1.11mg (5.53%), Iron: 0.66mg (3.66%), Calcium: 33.16mg (3.32%), Zinc: 0.49mg (3.25%)