



 **51%**
HEALTH SCORE

Avocado-Citrus Salad with Meyer Lemon Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



174 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

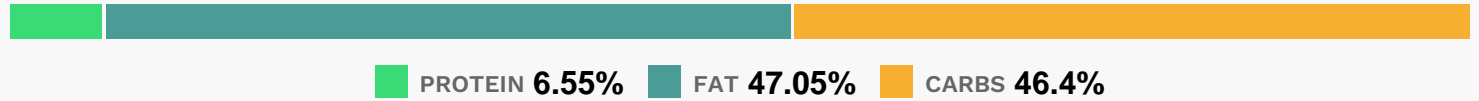
- 2 avocado cut into 1/4-inch wedges
- 9 cups the salad
- 2 ruby grapefruit red
- 6 servings lemon zest
- 2 navel oranges

Equipment

Directions

- Peel and section the grapefruit and oranges.
- Divide greens evenly among 6 chilled salad plates. Arrange citrus sections and avocado over greens; drizzle with vinaigrette.

Nutrition Facts



Properties

Glycemic Index:15.08, Glycemic Load:2.37, Inflammation Score:-9, Nutrition Score:14.443478278492%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 10.77mg, Hesperetin: 10.77mg, Hesperetin: 10.77mg, Hesperetin: 10.77mg Naringenin: 30.08mg, Naringenin: 30.08mg, Naringenin: 30.08mg, Naringenin: 30.08mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 174.4kcal (8.72%), Fat: 10.08g (15.51%), Saturated Fat: 1.46g (9.12%), Carbohydrates: 22.37g (7.46%), Net Carbohydrates: 15.51g (5.64%), Sugar: 10.08g (11.2%), Cholesterol: 0mg (0%), Sodium: 20.78mg (0.9%), Alcohol: 0g (100%), Protein: 3.16g (6.31%), Vitamin C: 74.31mg (90.08%), Vitamin A: 1837.91IU (36.76%), Fiber: 6.86g (27.42%), Folate: 103.11µg (25.78%), Potassium: 617.7mg (17.65%), Vitamin B6: 0.3mg (15.07%), Vitamin B5: 1.34mg (13.41%), Vitamin K: 14.07µg (13.4%), Manganese: 0.22mg (10.76%), Vitamin E: 1.57mg (10.43%), Copper: 0.2mg (10.11%), Vitamin B2: 0.17mg (9.8%), Magnesium: 38.62mg (9.66%), Vitamin B3: 1.86mg (9.31%), Vitamin B1: 0.13mg (8.69%), Phosphorus: 83.89mg (8.39%), Calcium: 54.21mg (5.42%), Iron: 0.88mg (4.88%), Zinc: 0.65mg (4.33%)