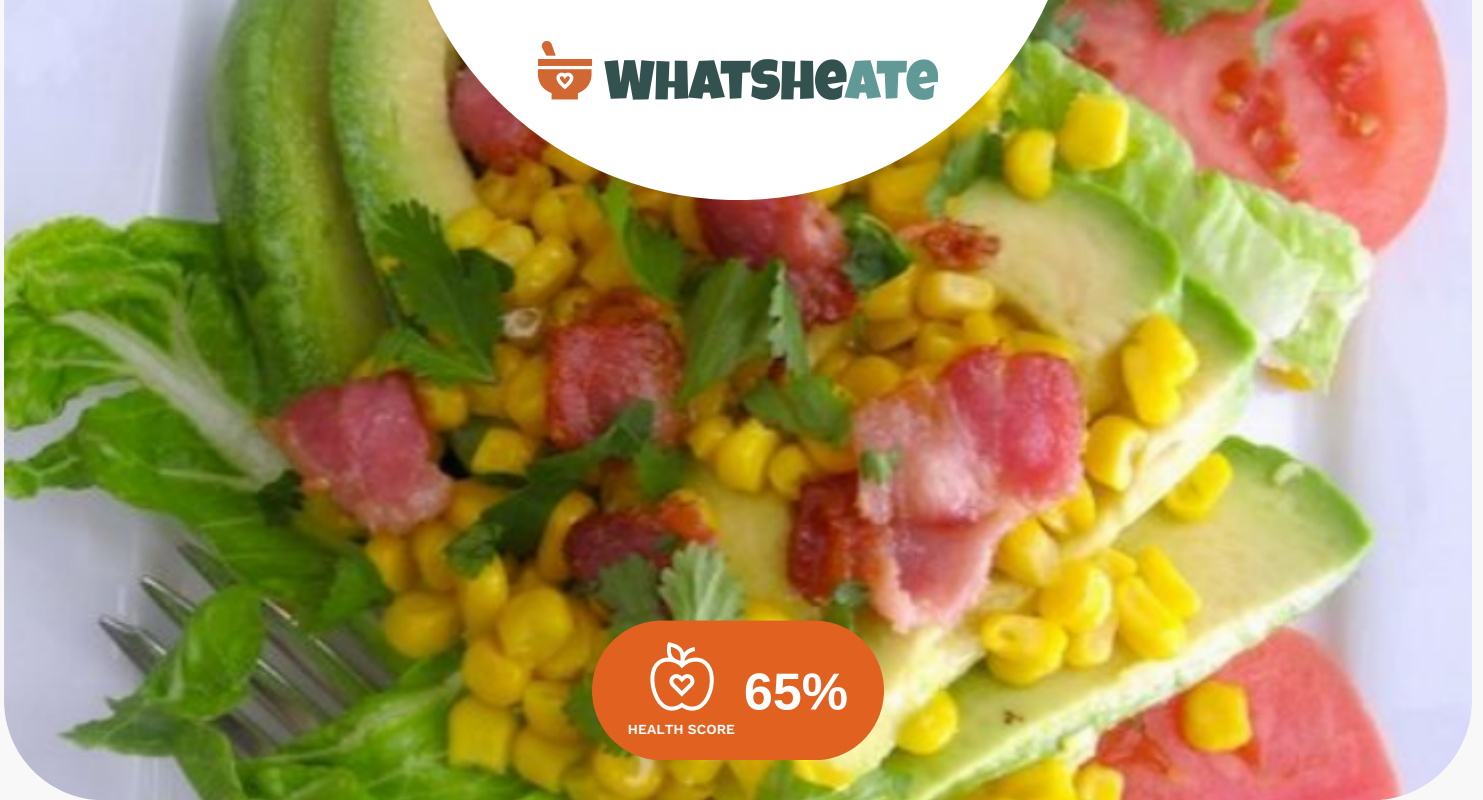




Avocado-Corn Salad with Lime Vinaigrette



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



394 kcal

SIDE DISH

Ingredients

- ☐ 2 avocados peeled sliced
- ☐ 4 bacon cooked cut into small pieces
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 2 cups regular corn fresh cooked
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 tablespoon olive oil
- ☐ 3 heads romaine lettuce separated
- ☐ 4 servings salt and pepper

- ☐ 2 large tomatoes sliced
- ☐ 3 tablespoons vinegar white

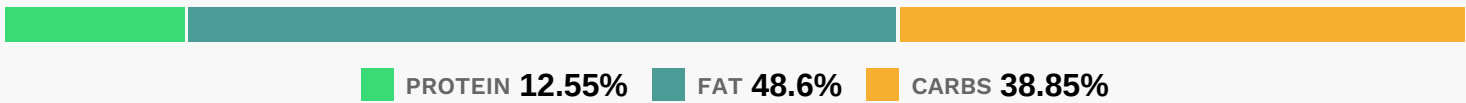
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Put the lime juice and vinegar in a small bowl. Gradually whisk in the olive oil, season the vinaigrette with salt and pepper. Set aside.
- ☐ Cut each romaine heart lengthwise into quarters.
- ☐ Place on a platter or on individual plates. Top the lettuces with the tomato slices, avocado and corn and drizzle with the dressing.
- ☐ Sprinkle bacon and cilantro over the salad and serve.

Nutrition Facts



Properties

Glycemic Index:40, Glycemic Load:1.67, Inflammation Score:-10, Nutrition Score:39.940434796007%

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 Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 11.46mg, Quercetin: 11.46mg, Quercetin: 11.46mg, Quercetin: 11.46mg

Nutrients (% of daily need)

Calories: 393.9kcal (19.69%), Fat: 23.67g (36.41%), Saturated Fat: 4.03g (25.18%), Carbohydrates: 42.57g (14.19%), Net Carbohydrates: 23.34g (8.49%), Sugar: 13.45g (14.95%), Cholesterol: 7.92mg (2.64%), Sodium: 389.28mg (16.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.75g (27.51%), Vitamin A: 42011.79IU (840.24%),

Vitamin K: 515.05µg (490.52%), Folate: 766.16µg (191.54%), Fiber: 19.22g (76.89%), Vitamin C: 51.03mg (61.86%), Potassium: 2121.65mg (60.62%), Manganese: 1.11mg (55.41%), Vitamin B1: 0.6mg (40.04%), Vitamin B6: 0.8mg (39.8%), Magnesium: 135.79mg (33.95%), Iron: 5.86mg (32.57%), Phosphorus: 313.59mg (31.36%), Vitamin B2: 0.52mg (30.87%), Vitamin B3: 5.91mg (29.57%), Vitamin B5: 2.78mg (27.77%), Copper: 0.52mg (26.24%), Vitamin E: 3.83mg (25.52%), Calcium: 182.09mg (18.21%), Zinc: 2.47mg (16.5%), Selenium: 6.86µg (9.79%), Vitamin B12: 0.09µg (1.45%)