



Avocado Feta Salad

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



336 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 cups avocado cubed
- 0.3 cup feta cheese diced
- 6 cloves garlic crushed
- 0.3 teaspoon ground pepper black
- 1 teaspoon kosher salt
- 2 tablespoons juice of lemon
- 3 tablespoons juice of lime
- 0.3 cup olive oil

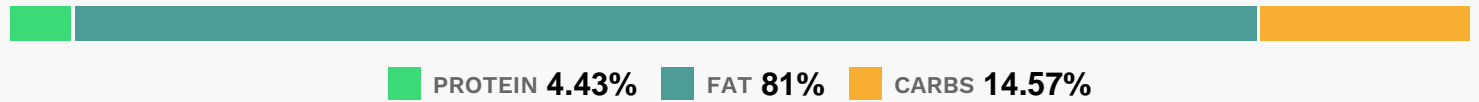
Equipment

- bowl
- whisk

Directions

- Place avocado cubes in a bowl.
- Whisk olive oil, lime juice, lemon juice, garlic, salt, and pepper together in a bowl; mix in feta cheese.
- Pour dressing over avocado cubes; toss to coat.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:1.36, Inflammation Score:-5, Nutrition Score:12.87347817421%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg Hesperetin: 2.09mg, Hesperetin: 2.09mg, Hesperetin: 2.09mg, Hesperetin: 2.09mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 335.67kcal (16.78%), Fat: 32.11g (49.39%), Saturated Fat: 5.52g (34.47%), Carbohydrates: 12.99g (4.33%), Net Carbohydrates: 5.26g (1.91%), Sugar: 1.17g (1.3%), Cholesterol: 8.34mg (2.78%), Sodium: 697.48mg (30.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.95g (7.91%), Fiber: 7.73g (30.92%), Vitamin K: 32.27µg (30.73%), Vitamin E: 4.33mg (28.87%), Folate: 96.91µg (24.23%), Vitamin C: 18.93mg (22.95%), Vitamin B6: 0.39mg (19.64%), Vitamin B5: 1.71mg (17.06%), Potassium: 592.29mg (16.92%), Vitamin B2: 0.23mg (13.73%), Manganese: 0.26mg (12.9%), Copper: 0.24mg (11.83%), Vitamin B3: 2.11mg (10.53%), Phosphorus: 99.35mg (9.94%), Magnesium: 37.11mg (9.28%), Calcium: 70.94mg (7.09%), Zinc: 1.06mg (7.05%), Vitamin B1: 0.1mg (6.9%), Iron: 0.87mg (4.81%),

Vitamin A: 210.98IU (4.22%), Selenium: 2.52 μ g (3.6%), Vitamin B12: 0.16 μ g (2.64%)