



Avocado, Grapefruit, and Shiso Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



317 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 firm-ripe avocados cut into 1/2-in. pieces
- 1 fennel bulb small to medium cored quartered
- 2 ruby grapefruit
- 4 servings kosher salt
- 2 tablespoons olive oil extra-virgin
- 4 servings bell pepper
- 0.3 cup seasoned rice wine vinegar
- 3 tablespoons shiso* fresh whole chopped

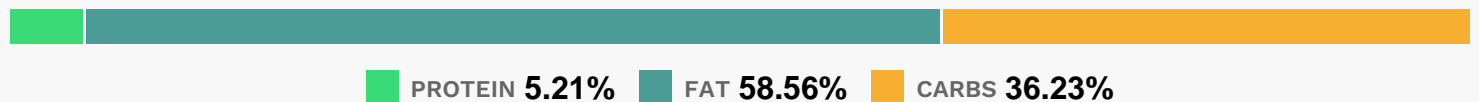
Equipment

- bowl
- knife
- whisk
- mandoline

Directions

- Whisk together vinegar, chopped shiso, and oil in a medium bowl. With a knife or a mandoline, slice fennel very thin.
- Working with one grapefruit at a time, slice off ends, then set on an end and use a small, sharp knife to cut off peel from top to bottom, following curve of fruit. Hold fruit over bowl and slice between membranes to release segments into bowl.
- Add fennel and avocados along with a few grinds of pepper. Gently toss to coat and season to taste with salt.
- Transfer to a shallow bowl.
- Cut shiso leaves into thin strips and sprinkle on salad.
- *If you can't find shiso, use fresh basil.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:5.69, Inflammation Score:-10, Nutrition Score:24.633043413577%

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: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 41.78mg, Naringenin: 41.78mg, Naringenin: 41.78mg, Naringenin: 41.78mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.23mg, Luteolin: 1.23mg, Luteolin: 1.23mg, Luteolin: 1.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin:

0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin:
0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 316.81kcal (15.84%), Fat: 22.29g (34.3%), Saturated Fat: 3.23g (20.19%), Carbohydrates: 31.04g (10.35%),
Net Carbohydrates: 18.88g (6.86%), Sugar: 14.92g (16.57%), Cholesterol: 0mg (0%), Sodium: 234.68mg (10.2%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.46g (8.92%), Vitamin C: 152.37mg (184.69%), Vitamin A:
4029.71IU (80.59%), Vitamin K: 65.71µg (62.58%), Fiber: 12.16g (48.64%), Folate: 148.11µg (37.03%), Vitamin E:
4.77mg (31.81%), Potassium: 1060.04mg (30.29%), Vitamin B6: 0.57mg (28.52%), Vitamin B5: 2.1mg (21.03%),
Manganese: 0.38mg (18.77%), Vitamin B3: 3.11mg (15.57%), Magnesium: 59.71mg (14.93%), Vitamin B2: 0.25mg
(14.85%), Copper: 0.28mg (14.21%), Phosphorus: 124.56mg (12.46%), Vitamin B1: 0.17mg (11.23%), Iron: 1.45mg
(8.05%), Calcium: 75.25mg (7.52%), Zinc: 1.04mg (6.92%), Selenium: 1.09µg (1.56%)