



Avocado Grapefruit Salad with Balsamic Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



376 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

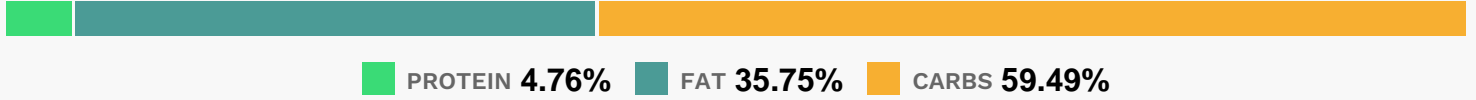
- 1 cup balsamic vinegar good
- 2 ruby grapefruit red
- 1 haas avocados

Equipment

Directions

- Segmentgrapefruit.
- Slice avocado (I prefer it served chilled).
- Arrange slices, alternating grapefruit and avocado, making a spiral on two plates.
- Drizzle balsamic across the surface of the fruit.

Nutrition Facts



Properties

Glycemic Index:57.5, Glycemic Load:17.19, Inflammation Score:-10, Nutrition Score:19.885217404884%

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 Hesperetin: 0.86mg, Hesperetin: 0.86mg, Hesperetin: 0.86mg Naringenin: 80.29mg, Naringenin: 80.29mg, Naringenin: 80.29mg, Naringenin: 80.29mg Luteolin: 1.48mg, Luteolin: 1.48mg, Luteolin: 1.48mg, Luteolin: 1.48mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 376.32kcal (18.82%), Fat: 15.12g (23.26%), Saturated Fat: 2.19g (13.7%), Carbohydrates: 56.61g (18.87%), Net Carbohydrates: 45.94g (16.7%), Sugar: 36.67g (40.75%), Cholesterol: 0mg (0%), Sodium: 36.36mg (1.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.53g (9.06%), Vitamin C: 86.8mg (105.21%), Vitamin A: 2975.73IU (59.51%), Fiber: 10.67g (42.68%), Folate: 113.39µg (28.35%), Potassium: 962.33mg (27.5%), Vitamin B5: 2.04mg (20.4%), Vitamin K: 21.1µg (20.1%), Vitamin B6: 0.39mg (19.43%), Manganese: 0.36mg (18.19%), Magnesium: 66.58mg (16.65%), Vitamin E: 2.4mg (16%), Copper: 0.3mg (15.14%), Vitamin B2: 0.21mg (12.17%), Phosphorus: 120.76mg (12.08%), Vitamin B1: 0.17mg (11.54%), Vitamin B3: 2.25mg (11.25%), Calcium: 100.61mg (10.06%), Iron: 1.67mg (9.26%), Zinc: 0.92mg (6.12%)