



Avocado Heirloom Tomato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



5 min.

SERVINGS



1

CALORIES



344 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

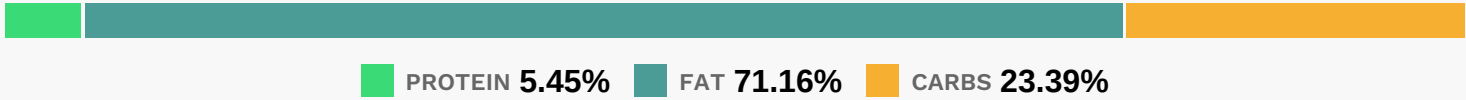
- ☐ 1 half avocado peeled sliced
- ☐ 1 half heirloom tomato ripe sliced
- ☐ 1 pinch green onions fresh sliced chopped
- ☐ 1 null juice of lemon
- ☐ 1 pinch coarse salt canned (fleur de sel if you can get it)

Equipment

Directions

- ☐ Arrange slices of avocado and tomato on a plate.
- ☐ Sprinkle with chives, lemon juice, and coarse salt.

Nutrition Facts



Properties

Glycemic Index:123, Glycemic Load:2.74, Inflammation Score:-9, Nutrition Score:22.064347697341%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 344.26kcal (17.21%), Fat: 29.8g (45.85%), Saturated Fat: 4.32g (26.99%), Carbohydrates: 22.04g (7.35%), Net Carbohydrates: 7.07g (2.57%), Sugar: 4.61g (5.12%), Cholesterol: 0mg (0%), Sodium: 59.02mg (2.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.14g (10.28%), Fiber: 14.97g (59.88%), Vitamin K: 54.06µg (51.48%), Vitamin C: 37.92mg (45.96%), Folate: 182.51µg (45.63%), Potassium: 1270.36mg (36.3%), Vitamin E: 4.83mg (32.19%), Vitamin B6: 0.62mg (30.84%), Vitamin B5: 2.91mg (29.06%), Vitamin A: 1361.64IU (27.23%), Copper: 0.46mg (22.81%), Manganese: 0.43mg (21.48%), Vitamin B3: 4.24mg (21.18%), Magnesium: 72.3mg (18.08%), Vitamin B2: 0.29mg (16.82%), Phosphorus: 134.7mg (13.47%), Vitamin B1: 0.18mg (12.08%), Zinc: 1.5mg (10.01%), Iron: 1.45mg (8.08%), Calcium: 37.42mg (3.74%), Selenium: 0.81µg (1.16%)