



Avocado Jewel Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



12

CALORIES



169 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 avocados pitted ripe peeled cut in quarters, and
- ☐ 12 ounces bibb lettuce
- ☐ 0.5 teaspoon coarse salt
- ☐ 0.5 teaspoon coarsely ground pepper black
- ☐ 2 limes
- ☐ 5 tablespoons olive oil extra-virgin
- ☐ 4 oranges
- ☐ 2 tablespoons pumpkin seeds raw toasted

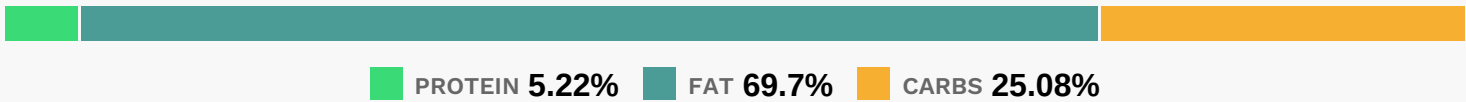
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Cut off peel and white pith from oranges, then slice oranges crosswise.
- ☐ Zest and juice limes into a large bowl.
- ☐ Whisk in oil, salt and pepper. Gently toss in avocados.
- ☐ Arrange lettuce on a large platter and top with oranges, avocado mixture (including liquid) and pumpkin seeds.

Nutrition Facts



Properties

Glycemic Index:13.04, Glycemic Load:2.41, Inflammation Score:-8, Nutrition Score:10.978260874748%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Hesperetin: 16.7mg, Hesperetin: 16.7mg, Hesperetin: 16.7mg, Hesperetin: 16.7mg Naringenin: 7.07mg, Naringenin: 7.07mg, Naringenin: 7.07mg, Naringenin: 7.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 169.05kcal (8.45%), Fat: 14.18g (21.81%), Saturated Fat: 2.04g (12.74%), Carbohydrates: 11.48g (3.83%), Net Carbohydrates: 6.32g (2.3%), Sugar: 4.89g (5.44%), Cholesterol: 0mg (0%), Sodium: 102.3mg (4.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.39g (4.78%), Vitamin K: 43.39µg (41.32%), Vitamin C: 32.59mg (39.5%), Vitamin A: 1116.86IU (22.34%), Fiber: 5.16g (20.64%), Folate: 76.37µg (19.09%), Vitamin E: 2.07mg (13.81%), Potassium: 416.28mg (11.89%), Manganese: 0.22mg (11.03%), Vitamin B6: 0.19mg (9.3%), Vitamin B5: 0.89mg (8.88%), Magnesium: 33.31mg (8.33%), Copper: 0.15mg (7.52%), Phosphorus: 64.29mg (6.43%), Vitamin B1: 0.1mg

(6.39%), Vitamin B2: 0.11mg (6.19%), Vitamin B3: 1.21mg (6.03%), Iron: 0.93mg (5.15%), Calcium: 38.36mg (3.84%), Zinc: 0.55mg (3.68%), Selenium: 0.8µg (1.14%)