



Avocado Pineapple Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



12

CALORIES



77 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 avocado diced pitted peeled
- 1.5 cups cucumbers cubed peeled seeded
- 2 tablespoons juice of lime
- 2.5 cups pineapple peeled cut into 1/2-inch dice
- 0.5 cup onion red chopped
- 0.8 teaspoon salt
- 2 tablespoons serrano chiles chopped

Equipment

bowl

Directions

Combine the cucumbers, onion, serrano pepper, lime juice, and salt in a large bowl.

Add the pineapple and avocado. Gently toss to combine.

Nutrition Facts

 **PROTEIN 5.13%** **FAT 53.51%** **CARBS 41.36%**

Properties

Glycemic Index:11.72, Glycemic Load:2.78, Inflammation Score:-3, Nutrition Score:5.8747826076072%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 76.86kcal (3.84%), Fat: 5.01g (7.71%), Saturated Fat: 0.72g (4.52%), Carbohydrates: 8.72g (2.91%), Net Carbohydrates: 5.66g (2.06%), Sugar: 4.26g (4.73%), Cholesterol: 0mg (0%), Sodium: 148.93mg (6.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.16%), Vitamin C: 22.66mg (27.47%), Manganese: 0.39mg (19.62%), Fiber: 3.06g (12.23%), Folate: 37.73µg (9.43%), Vitamin K: 8.81µg (8.39%), Vitamin B6: 0.15mg (7.72%), Potassium: 242.76mg (6.94%), Copper: 0.12mg (5.99%), Vitamin B5: 0.59mg (5.95%), Vitamin E: 0.73mg (4.86%), Magnesium: 17.25mg (4.31%), Vitamin B3: 0.81mg (4.05%), Vitamin B1: 0.06mg (3.99%), Vitamin B2: 0.06mg (3.7%), Phosphorus: 26.93mg (2.69%), Vitamin A: 105.29IU (2.11%), Zinc: 0.3mg (2.03%), Iron: 0.36mg (2%), Calcium: 13.06mg (1.31%)