



 **67%**
HEALTH SCORE

Avocado Ranch Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



239 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 avocado peeled sliced
- 1 and orange peppers yellow sliced
- 0.5 cup peppercorn ranch dressing kraft
- 0.5 onion red sliced
- 8 cups torn romaine lettuce

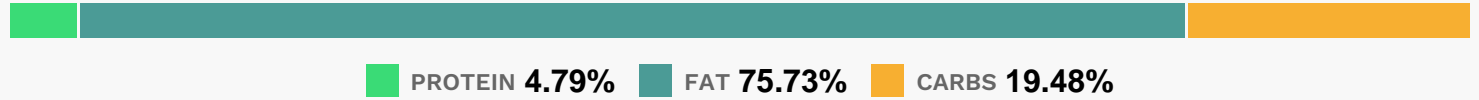
Equipment

- bowl

Directions

- Toss lettuce with onion, yellow pepper and avocado in large bowl.
- Add dressing; toss to coat.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:1.03, Inflammation Score:-10, Nutrition Score:20.830434709139%

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 Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 4.93mg, Quercetin: 4.93mg, Quercetin: 4.93mg, Quercetin: 4.93mg

Nutrients (% of daily need)

Calories: 238.62kcal (11.93%), Fat: 21.12g (32.49%), Saturated Fat: 3.22g (20.11%), Carbohydrates: 12.23g (4.08%), Net Carbohydrates: 6.03g (2.19%), Sugar: 4.69g (5.21%), Cholesterol: 7.8mg (2.6%), Sodium: 283.08mg (12.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3g (6.01%), Vitamin A: 9203.91IU (184.08%), Vitamin K: 148.62µg (141.54%), Vitamin C: 47.88mg (58.04%), Folate: 186.04µg (46.51%), Fiber: 6.2g (24.8%), Potassium: 577.94mg (16.51%), Vitamin B6: 0.31mg (15.54%), Vitamin E: 2.3mg (15.34%), Manganese: 0.28mg (14.04%), Phosphorus: 121.85mg (12.19%), Vitamin B5: 1.18mg (11.82%), Vitamin B2: 0.18mg (10.79%), Vitamin B1: 0.13mg (8.55%), Magnesium: 34.18mg (8.54%), Iron: 1.43mg (7.97%), Copper: 0.16mg (7.84%), Vitamin B3: 1.49mg (7.46%), Calcium: 50.69mg (5.07%), Zinc: 0.69mg (4.58%), Selenium: 1.73µg (2.46%)