



Avocado Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



8

CALORIES



34 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



3 heads bibb lettuce ()



0.3 cup juice of lemon fresh



0.5 cup olive oil



3 medium radishes thinly sliced



1 heart of romaine sliced

Equipment

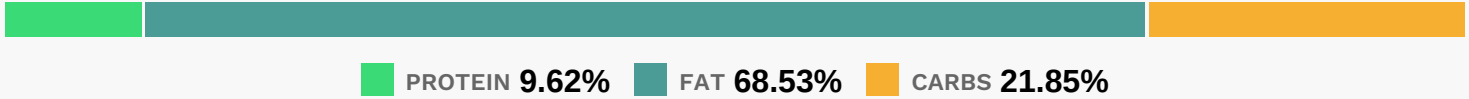


whisk

Directions

- ☐
- Whisk together lemon juice, 1/2 teaspoon salt, and 1/4 teaspoon pepper, then whisk in oil.
- ☐
- Quarter, pit, and peel avocados, then cut into bite-size pieces. Toss with greens, radishes, and just enough dressing to coat. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.01, Inflammation Score:-9, Nutrition Score:7.4630434642667%

Flavonoids

Pelargonidin: 0.95mg, Pelargonidin: 0.95mg, Pelargonidin: 0.95mg, Pelargonidin: 0.95mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg

Nutrients (% of daily need)

Calories: 34.33kcal (1.72%), Fat: 2.86g (4.41%), Saturated Fat: 0.4g (2.47%), Carbohydrates: 2.06g (0.69%), Net Carbohydrates: 1.26g (0.46%), Sugar: 0.84g (0.93%), Cholesterol: 0mg (0%), Sodium: 4.05mg (0.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.81%), Vitamin K: 67.76µg (64.54%), Vitamin A: 2329.87IU (46.6%), Folate: 51.28µg (12.82%), Vitamin C: 5.57mg (6.76%), Manganese: 0.12mg (5.84%), Potassium: 165.5mg (4.73%), Iron: 0.82mg (4.55%), Vitamin E: 0.51mg (3.43%), Fiber: 0.79g (3.17%), Vitamin B6: 0.06mg (2.86%), Vitamin B1: 0.04mg (2.62%), Vitamin B2: 0.04mg (2.47%), Calcium: 23.41mg (2.34%), Magnesium: 9.04mg (2.26%), Phosphorus: 22.13mg (2.21%), Vitamin B3: 0.24mg (1.2%), Vitamin B5: 0.11mg (1.09%)