



HEALTH SCORE

95%

Avocado Salad with Bell Pepper and Tomatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



404 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 avocado firm pitted ripe halved
- ☐ 1 pinch ground pepper
- ☐ 6 cherry tomatoes halved
- ☐ 1 tablespoon cilantro leaves fresh whole chopped for garnish
- ☐ 1 serving coarse salt
- ☐ 1 small garlic clove minced
- ☐ 0.5 juice of lime
- ☐ 1 teaspoon olive oil extra virgin extra-virgin

- ☐ 1 spring onion trimmed thinly sliced
- ☐ 0.5 bell pepper diced yellow seeds removed,

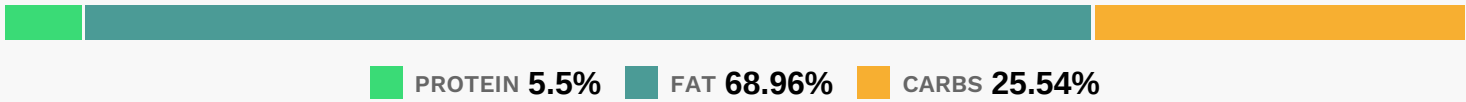
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a small bowl, whisk together olive oil, lime juice, garlic, and cayenne. Season with salt.
- ☐ Scoop out flesh from avocado halves, reserving shells, and chop.
- ☐ Transfer to a bowl and add bell pepper, tomatoes, scallion, and chopped cilantro.
- ☐ Drizzle with dressing and season with salt. Gently stir to combine. Spoon mixture into reserved shells.
- ☐ Garnish with whole cilantro leaves and serve immediately.
- ☐ Other
- ☐ Reprinted with permission from Meatless From the Kitchens of Martha Stewart Living, © 2013 Martha Stewart Living Omnimedia, Inc.For more than twenty years, the food editors and chefs in the kitchens at MARTHA STEWART LIVING have produced dozens of bestselling cookbooks, including Martha Stewart's Cooking School, Martha's American Food, Martha's Baking Handbook, Everyday Food: Great Food Fast, and Power Foods. MARTHA STEWART is the author of more than 75 books on cooking, entertaining, crafts, home-keeping, gardens, weddings, and decorating. She is the host of Cooking School on PBS.

Nutrition Facts



Properties

Glycemic Index:166, Glycemic Load:1.94, Inflammation Score:-9, Nutrition Score:27.218695744224%

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: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg

Nutrients (% of daily need)

Calories: 403.86kcal (20.19%), Fat: 33.85g (52.08%), Saturated Fat: 4.88g (30.49%), Carbohydrates: 28.2g (9.4%), Net Carbohydrates: 13.01g (4.73%), Sugar: 4.44g (4.94%), Cholesterol: 0mg (0%), Sodium: 223.29mg (9.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.08g (12.16%), Vitamin C: 160.41mg (194.44%), Vitamin K: 73.78µg (70.26%), Fiber: 15.19g (60.76%), Folate: 201.16µg (50.29%), Potassium: 1390.23mg (39.72%), Vitamin B6: 0.75mg (37.52%), Vitamin E: 5.45mg (36.33%), Vitamin B5: 3.07mg (30.71%), Copper: 0.55mg (27.32%), Manganese: 0.54mg (26.92%), Vitamin B3: 4.69mg (23.44%), Vitamin A: 1107.25IU (22.15%), Magnesium: 79.22mg (19.81%), Vitamin B2: 0.32mg (18.55%), Phosphorus: 158.98mg (15.9%), Vitamin B1: 0.2mg (13.67%), Iron: 2.35mg (13.08%), Zinc: 1.63mg (10.86%), Calcium: 58.63mg (5.86%), Selenium: 2.02µg (2.88%)