



Avocado Salad with Tomatoes, Lime, and Toasted Cumin Vinaigrette

 Vegetarian  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



450 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups arugula leaves
- 0.3 cup canola oil
- 0.3 cup freshly cilantro leaves chopped
- 1 tablespoon cumin seeds lightly toasted
- 0.3 cup cilantro leaves fresh chopped
- 1 teaspoon ground cumin
- 2 large hass avocados pitted ripe peeled halved cut into 1-inch chunks

- 1 tablespoon honey
- 0.3 cup juice of lime fresh
- 0.3 cup olive oil
- 1 large onion red thinly sliced
- 2 tablespoons rice wine vinegar
- 4 servings salt and pepper freshly ground
- 4 large tomatoes ripe halved cut into 1-inch chunks, or 20 cherry tomatoes,

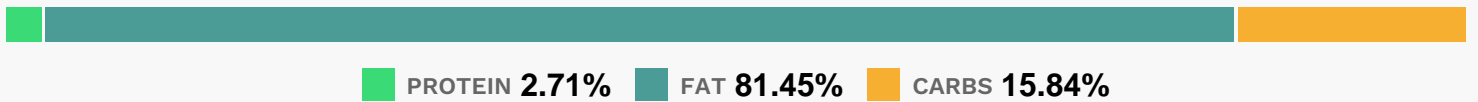
Equipment

- bowl
- whisk
- blender

Directions

- Gently mix the tomatoes, avocados, onions, arugula, and half of the vinaigrette in a large bowl. Check for seasoning and add more vinaigrette, if needed.
- Sprinkle the cumin and cilantro over the top and serve immediately.;
- Whisk together the lime juice, vinegar, honey, cumin, and cilantro in a medium bowl. Gradually whisk in the oils until emulsified. Season with salt and pepper, to taste. Do not use a blender to make this vinaigrette.

Nutrition Facts



Properties

Glycemic Index:68.82, Glycemic Load:3.67, Inflammation Score:-7, Nutrition Score:15.180000180783%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg,

Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.81mg, Isorhamnetin: 1.81mg, Isorhamnetin: 1.81mg, Isorhamnetin: 1.81mg Kaempferol: 3.67mg, Kaempferol: 3.67mg, Kaempferol: 3.67mg, Kaempferol: 3.67mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.63mg, Quercetin: 7.63mg, Quercetin: 7.63mg, Quercetin: 7.63mg

Nutrients (% of daily need)

Calories: 449.6kcal (22.48%), Fat: 42.85g (65.93%), Saturated Fat: 5.09g (31.81%), Carbohydrates: 18.75g (6.25%), Net Carbohydrates: 10.93g (3.98%), Sugar: 7.09g (7.88%), Cholesterol: 0mg (0%), Sodium: 211.72mg (9.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.21g (6.42%), Vitamin K: 57.1µg (54.38%), Vitamin E: 6.77mg (45.12%), Fiber: 7.82g (31.27%), Vitamin C: 22.72mg (27.54%), Folate: 101.6µg (25.4%), Potassium: 668.48mg (19.1%), Vitamin B6: 0.33mg (16.54%), Manganese: 0.32mg (15.76%), Vitamin B5: 1.53mg (15.29%), Iron: 2.35mg (13.06%), Vitamin A: 635.63IU (12.71%), Copper: 0.25mg (12.52%), Magnesium: 47.37mg (11.84%), Vitamin B3: 2.04mg (10.22%), Vitamin B2: 0.16mg (9.67%), Phosphorus: 83.78mg (8.38%), Vitamin B1: 0.11mg (7.21%), Zinc: 0.89mg (5.94%), Calcium: 59.38mg (5.94%), Selenium: 0.87µg (1.25%)