



Avocado Watermelon Spinach Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



494 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 large avocados diced pitted peeled
- 4 cups spinach leaves fresh
- 1 cup balsamic vinaigrette salad dressing
- 4 cups watermelon cubed

Equipment

- bowl

Directions

In a salad bowl, toss together the avocado, watermelon cubes and spinach. Stir in salad dressing just before serving.

Nutrition Facts

PROTEIN 2.9% **FAT 79.77%** **CARBS 17.33%**

Properties

Glycemic Index:36.67, Glycemic Load:8.99, Inflammation Score:-10, Nutrition Score:21.805217172789%

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 Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Kaempferol: 2.6mg, Kaempferol: 2.6mg, Kaempferol: 2.6mg, Kaempferol: 2.6mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 493.92kcal (24.7%), Fat: 46.43g (71.43%), Saturated Fat: 7.87g (49.2%), Carbohydrates: 22.7g (7.57%), Net Carbohydrates: 14.7g (5.34%), Sugar: 11.78g (13.08%), Cholesterol: 0mg (0%), Sodium: 32.88mg (1.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.8g (7.59%), Vitamin K: 227.91µg (217.05%), Vitamin A: 3824.71IU (76.49%), Vitamin E: 5.65mg (37.64%), Vitamin C: 30.79mg (37.32%), Folate: 144.16µg (36.04%), Fiber: 8g (32.01%), Potassium: 830.06mg (23.72%), Manganese: 0.47mg (23.48%), Vitamin B6: 0.39mg (19.26%), Vitamin B5: 1.75mg (17.51%), Magnesium: 68.04mg (17.01%), Copper: 0.29mg (14.69%), Vitamin B2: 0.22mg (12.9%), Vitamin B3: 2.24mg (11.18%), Iron: 1.73mg (9.61%), Vitamin B1: 0.14mg (9.39%), Phosphorus: 83.68mg (8.37%), Zinc: 0.95mg (6.36%), Calcium: 52.4mg (5.24%), Selenium: 2.31µg (3.3%)