



Baby Spinach, Avocado, and Pumpkin Seed Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



193 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 avocados small to medium
- ☐ 10 cups baby spinach leaves washed and ready to use
- ☐ 1 lime zest juiced
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup pumpkin seeds green
- ☐ 0.5 teaspoon salt

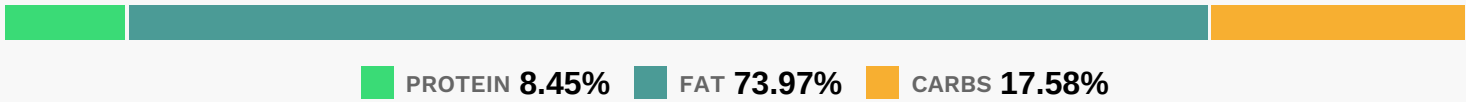
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Put the spinach leaves and pumpkin seeds into a large salad bowl.
- ☐ Halve the avocados and then remove the stones. Spoon out the flesh over the salad leaves and pumpkin seeds.
- ☐ Mix the olive oil, lime juice and zest in a small bowl.
- ☐ Add the salt and whisk to emulsify.
- ☐ Pour the dressing over the salad, and then gently toss everything together using your hands. Take care not to mush the avocado pieces.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:1.02, Inflammation Score:-10, Nutrition Score:21.628695648649%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 3.19mg, Kaempferol: 3.19mg, Kaempferol: 3.19mg, Kaempferol: 3.19mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 193.12kcal (9.66%), Fat: 17.35g (26.69%), Saturated Fat: 2.57g (16.04%), Carbohydrates: 9.27g (3.09%), Net Carbohydrates: 3.05g (1.11%), Sugar: 0.92g (1.02%), Cholesterol: 0mg (0%), Sodium: 238.67mg (10.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.46g (8.92%), Vitamin K: 258.84µg (246.51%), Vitamin A: 4792.76IU (95.86%), Manganese: 0.79mg (39.37%), Folate: 155.26µg (38.81%), Vitamin C: 24.1mg (29.21%), Fiber: 6.22g (24.89%), Magnesium: 91.18mg (22.79%), Vitamin E: 3.21mg (21.43%), Potassium: 658.57mg (18.82%), Vitamin B6: 0.28mg (14.11%), Copper: 0.27mg (13.57%), Phosphorus: 127.11mg (12.71%), Iron: 2.29mg (12.71%), Vitamin B2: 0.19mg (11.29%), Vitamin B5: 1.03mg (10.27%), Vitamin B3: 1.82mg (9.08%), Zinc: 1.12mg (7.49%), Vitamin B1: 0.1mg (6.79%), Calcium: 63.85mg (6.38%), Selenium: 1.31µg (1.88%)