



Boston Lettuce Avocado Salad and Lime Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



137 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 heads boston lettuce small to medium
- 1 Leaves from 1 bunch cilantro finely chopped
- 1 haas avocados pitted
- 2 juice of lime juiced
- 0.3 cup olive oil extra-virgin
- 20 grinds pepper fresh black
- 0.5 teaspoon salt

- 1 large bunch scallions thinly sliced
- 1 teaspoon sugar
- 1 tablespoon whole-grain mustard

Equipment

- whisk

Directions

- Pull the lettuce leaves from the head, rinse gently under cold water, and lay out on clean towels to dry. Use a spoon to remove the flesh in 1 piece from each half of the avocado. Thinly slice the avocado flesh into thin wedges.
- Whisk together all the dressing ingredients.
- Arrange the lettuce leaves on a plate and top with the avocado wedges, scallion, and cilantro. Finish with a healthy drizzling of the dressing.

Nutrition Facts

■ PROTEIN 4.04% ■ FAT 79.33% ■ CARBS 16.63%

Properties

Glycemic Index:29.76, Glycemic Load:0.89, Inflammation Score:-8, Nutrition Score:9.2060870243155%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 137.26kcal (6.86%), Fat: 12.94g (19.91%), Saturated Fat: 1.83g (11.44%), Carbohydrates: 6.1g (2.03%), Net Carbohydrates: 3.15g (1.14%), Sugar: 1.29g (1.43%), Cholesterol: 0mg (0%), Sodium: 171.14mg (7.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.96%), Vitamin K: 63.14µg (60.14%), Vitamin A: 1443.42IU (28.87%),

Manganese: 0.44mg (22.12%), Folate: 53.4µg (13.35%), Vitamin E: 1.96mg (13.05%), Fiber: 2.96g (11.82%), Vitamin C: 6.88mg (8.33%), Potassium: 272.71mg (7.79%), Iron: 1.02mg (5.67%), Vitamin B6: 0.11mg (5.57%), Magnesium: 19mg (4.75%), Copper: 0.09mg (4.69%), Vitamin B5: 0.46mg (4.63%), Vitamin B2: 0.07mg (3.97%), Phosphorus: 34.71mg (3.47%), Vitamin B1: 0.05mg (3.33%), Calcium: 33.01mg (3.3%), Vitamin B3: 0.65mg (3.25%), Zinc: 0.3mg (2.02%), Selenium: 1.13µg (1.62%)