



WHATSheATE



BUSH'S Gigi Salad with Citrus Vinaigrette



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



528 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



1 tablespoon agave nectar



1 avocado sliced



2 cups heart-shape paper punch



2 cups boston lettuce cut into strips



0.5 can .5 can cannellini beans drained and rinsed



1 pinch pepper



1 tablespoon olive oil extra virgin



0.3 cup grapefruit juice fresh

- ☐ 1 cup jicama
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 cup orange juice fresh
- ☐ 2 cups cranberry–orange relish (approximately 2 oranges)
- ☐ 1 tablespoon orange zest
- ☐ 0.5 cup pomegranate seeds
- ☐ 1 tablespoon red wine vinegar
- ☐ 4 servings salt and pepper to taste
- ☐ 0.3 cup spring onion thin
- ☐ 1 lb shrimp cooked
- ☐ 2 tablespoon slivered almonds toasted
- ☐ 1 tablespoon soya sauce

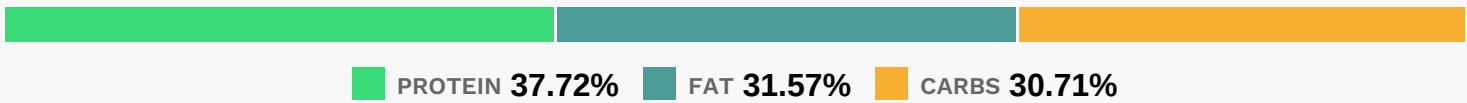
Equipment

- ☐ bowl
- ☐ whisk
- ☐ canning jar

Directions

- ☐ Combine all ingredients in a medium bowl and whisk (or in a mason jar and shake). Season with salt and pepper.
- ☐ Combine hearts of palm, orange, jicama and cooked shrimp in large bowl; season with salt and pepper. Dress salad with 4 tablespoons of citrus dressing. Gently mix in pomegranate seeds, avocados, scallions, lettuce and beans. Taste for salt and pepper and additional dressing.
- ☐ Garnish with toasted almonds.

Nutrition Facts



Properties

Glycemic Index:84.13, Glycemic Load:9.37, Inflammation Score:-9, Nutrition Score:41.28000002322%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 28.77mg, Hesperetin: 28.77mg, Hesperetin: 28.77mg, Hesperetin: 28.77mg Naringenin: 14.52mg, Naringenin: 14.52mg, Naringenin: 14.52mg, Naringenin: 14.52mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 528.37kcal (26.42%), Fat: 19.19g (29.52%), Saturated Fat: 3.56g (22.24%), Carbohydrates: 42g (14%), Net Carbohydrates: 30.07g (10.94%), Sugar: 20.71g (23.01%), Cholesterol: 329.26mg (109.75%), Sodium: 823.42mg (35.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.58g (103.16%), Vitamin B12: 10.11µg (168.57%), Vitamin C: 89.9mg (108.97%), Vitamin B2: 1.3mg (76.34%), Phosphorus: 593.81mg (59.38%), Copper: 1.18mg (58.97%), Vitamin B3: 10.87mg (54.33%), Vitamin K: 55.87µg (53.21%), Fiber: 11.93g (47.73%), Iron: 8.37mg (46.53%), Selenium: 27.34µg (39.06%), Potassium: 1360.73mg (38.88%), Vitamin B5: 3.33mg (33.3%), Vitamin B1: 0.48mg (32.09%), Vitamin B6: 0.61mg (30.6%), Folate: 120.58µg (30.14%), Magnesium: 119.95mg (29.99%), Zinc: 4.33mg (28.85%), Vitamin A: 1250.02IU (25%), Vitamin E: 3.68mg (24.54%), Manganese: 0.42mg (20.79%), Calcium: 197.11mg (19.71%)