



Carlos Conrique's Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



1500 min.

SERVINGS



8

CALORIES



263 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 avocado
- ☐ 4 cups boston lettuce
- ☐ 6 6-inch corn tortillas cut in half, then cut crosswise into 1-inch-wide strips ()
- ☐ 2 teaspoons juice of lime fresh
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 2 passion fruit rum ripe
- ☐ 2 large ruby grapefruit red (preferably)
- ☐ 8 cups red-leaf lettuce

- ☐ 0.5 teaspoon salt to taste
- ☐ 1 tablespoon sugar
- ☐ 1 cup vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ knife
- ☐ whisk

Directions

- ☐ Heat vegetable oil in a deep 10-inch heavy skillet until hot but not smoking, then fry tortilla strips, about 8 at a time, turning once, until golden, about 2 minutes.
- ☐ Transfer to paper towels to drain.
- ☐ Halve passion fruit crosswise and spoon seeds and pulp into a bowl.
- ☐ Whisk in sugar, lime juice, and salt, then add olive oil in a slow stream, whisking until emulsified.
- ☐ Cut peel, including all white pith, from grapefruit with a sharp knife and, working over another bowl, cut sections free from membranes.
- ☐ Pour off juices from bowl and whisk 3 tablespoons into dressing.
- ☐ Quarter avocados lengthwise, then pit and peel.
- ☐ Cut into bite-size pieces.
- ☐ Toss lettuces, grapefruit sections, avocados, and nasturtiums with dressing in a large salad bowl.
- ☐ Add tortilla strips and toss to combine.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:26.95, Glycemic Load:7.9, Inflammation Score:-10, Nutrition Score:18.437391488448%

Flavonoids

Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg Naringenin: 27.1mg, Naringenin: 27.1mg, Naringenin: 27.1mg, Naringenin: 27.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg

Nutrients (% of daily need)

Calories: 263.41kcal (13.17%), Fat: 16.48g (25.35%), Saturated Fat: 2.41g (15.05%), Carbohydrates: 29.63g (9.88%), Net Carbohydrates: 20.96g (7.62%), Sugar: 10.49g (11.65%), Cholesterol: 0mg (0%), Sodium: 171.93mg (7.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.94g (7.88%), Vitamin A: 4224.94IU (84.5%), Vitamin K: 87.13µg (82.98%), Vitamin C: 39.63mg (48.04%), Fiber: 8.67g (34.66%), Folate: 83.9µg (20.97%), Potassium: 579.39mg (16.55%), Vitamin B6: 0.29mg (14.3%), Vitamin E: 2.13mg (14.21%), Phosphorus: 133.01mg (13.3%), Manganese: 0.26mg (12.77%), Magnesium: 48.96mg (12.24%), Vitamin B5: 1.02mg (10.16%), Vitamin B2: 0.17mg (9.93%), Vitamin B3: 1.84mg (9.18%), Copper: 0.18mg (9.14%), Iron: 1.59mg (8.82%), Vitamin B1: 0.12mg (8.01%), Calcium: 60.93mg (6.09%), Zinc: 0.76mg (5.09%), Selenium: 2.18µg (3.12%)