



Citrus-and-Avocado Salad

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



276 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 avocados peeled sliced
- 6 servings garnish: dates chopped
- 2 large pink grapefruit
- 0.3 cup juice of lemon
- 1 Leaf lettuce
- 3 oranges peeled sliced
- 6 servings dressing

Equipment

Directions

- Toss together avocado slices and lemon juice. Arrange avocado, grapefruit sections, and orange slices on lettuce leaves.
- Serve with Dressing; garnish, if desired.
- *1 (26-ounce) jar grapefruit sections, drained, may be substituted.

Nutrition Facts

PROTEIN 4.73% **FAT 31.24%** **CARBS 64.03%**

Properties

Glycemic Index:31.92, Glycemic Load:16.08, Inflammation Score:-9, Nutrition Score:16.025217471725%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg 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 Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 19.71mg, Hesperetin: 19.71mg, Hesperetin: 19.71mg, Hesperetin: 19.71mg Naringenin: 46.3mg, Naringenin: 46.3mg, Naringenin: 46.3mg, Naringenin: 46.3mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 275.53kcal (13.78%), Fat: 10.57g (16.26%), Saturated Fat: 1.53g (9.55%), Carbohydrates: 48.75g (16.25%), Net Carbohydrates: 38.47g (13.99%), Sugar: 33.71g (37.45%), Cholesterol: 0.41mg (0.14%), Sodium: 14.02mg (0.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.6g (7.2%), Vitamin C: 80.17mg (97.18%), Fiber: 10.28g (41.11%), Vitamin A: 1528.8IU (30.58%), Folate: 96.47µg (24.12%), Potassium: 802.41mg (22.93%), Vitamin B6: 0.32mg (16.25%), Vitamin B5: 1.58mg (15.77%), Vitamin K: 15.86µg (15.11%), Copper: 0.26mg (12.81%), Magnesium: 49.57mg (12.39%), Vitamin E: 1.71mg (11.41%), Vitamin B1: 0.17mg (11.23%), Manganese: 0.22mg (10.92%), Vitamin B2: 0.17mg (9.99%), Vitamin B3: 1.97mg (9.84%), Phosphorus: 84.03mg (8.4%), Calcium: 71.23mg (7.12%), Iron: 0.85mg (4.7%), Zinc: 0.65mg (4.32%), Selenium: 1.67µg (2.38%)