



 **61%**  
HEALTH SCORE

# Citrus-Avocado Salad With Tex-Mex Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN  
  
**10 min.**

SERVINGS  
  
**8**

CALORIES  
  
**205 kcal**

**SIDE DISH** **ANTIPASTI** **STARTER** **SNACK**

## Ingredients

- 2 avocados sliced
- 3 heads bibb lettuce
- 24 oz orange and grapefruit sections refrigerated drained
- 8 servings garnishes: pomegranate seeds fresh
- 8 servings tex-mex vinaigrette

## Equipment

- bowl

## Directions

- Combine first 3 ingredients in a salad bowl. Toss with Tex-Mex Vinaigrette.
- Garnish, if desired.
- Serve immediately.
- Note: For testing purposes only, we used Del Monte Sunfresh Citrus Salad for orange and grapefruit sections.

## Nutrition Facts



## Properties

Glycemic Index:18.69, Glycemic Load:12.33, Inflammation Score:-9, Nutrition Score:19.278260790783%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Hesperetin: 23.18mg, Hesperetin: 23.18mg, Hesperetin: 23.18mg, Hesperetin: 23.18mg Naringenin: 13.03mg, Naringenin: 13.03mg, Naringenin: 13.03mg, Naringenin: 13.03mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg

## Nutrients (% of daily need)

Calories: 205.02kcal (10.25%), Fat: 9.14g (14.06%), Saturated Fat: 1.3g (8.1%), Carbohydrates: 31.98g (10.66%), Net Carbohydrates: 22.42g (8.15%), Sugar: 20.8g (23.11%), Cholesterol: 0mg (0%), Sodium: 9.19mg (0.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.08g (8.17%), Vitamin K: 88.34µg (84.13%), Vitamin C: 61.41mg (74.43%), Vitamin A: 2289.18IU (45.78%), Fiber: 9.56g (38.24%), Folate: 143.9µg (35.97%), Potassium: 748.53mg (21.39%), Manganese: 0.31mg (15.28%), Vitamin B6: 0.3mg (14.78%), Copper: 0.28mg (14.05%), Vitamin B1: 0.2mg (13.39%), Vitamin B5: 1.33mg (13.3%), Vitamin E: 1.87mg (12.48%), Vitamin B2: 0.18mg (10.79%), Magnesium: 41.46mg (10.37%), Phosphorus: 89.53mg (8.95%), Vitamin B3: 1.59mg (7.94%), Iron: 1.38mg (7.67%), Calcium: 70.14mg (7.01%), Zinc: 0.81mg (5.39%), Selenium: 1.44µg (2.06%)