



HEALTH SCORE

51%

Cook the Book: Ruby Grapefruit, Avocado, and Spinach Salad



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



192 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 pound avocado pitted peeled thinly sliced
- ☐ 3.5 cups baby spinach
- ☐ 2 tablespoons fish sauce (nuoc mam)
- ☐ 2 teaspoons ginger fresh minced
- ☐ 3 grapefruit (1 lb. each)
- ☐ 2.5 teaspoons sugar
- ☐ 2 tablespoons rice vinegar

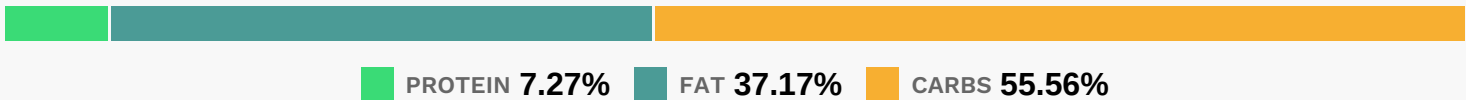
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Arrange spinach on salad plates. Arrange grapefruit segments and avocado on spinach.
- ☐ Measure 3 tablespoons grapefruit juice (save any extra for other uses) into a small bowl and whisk with vinegar, fish sauce, ginger, and sugar to blend. Spoon dressing over salads.

Nutrition Facts



Properties

Glycemic Index:58.02, Glycemic Load:6.67, Inflammation Score:-10, Nutrition Score:22.418260812759%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 62.67mg, Naringenin: 62.67mg, Naringenin: 62.67mg, Naringenin: 62.67mg Luteolin: 1.35mg, Luteolin: 1.35mg, Luteolin: 1.35mg, Luteolin: 1.35mg Kaempferol: 1.69mg, Kaempferol: 1.69mg, Kaempferol: 1.69mg, Kaempferol: 1.69mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 192.41kcal (9.62%), Fat: 8.72g (13.42%), Saturated Fat: 1.27g (7.92%), Carbohydrates: 29.33g (9.78%), Net Carbohydrates: 21.86g (7.95%), Sugar: 16.56g (18.4%), Cholesterol: 0mg (0%), Sodium: 731.52mg (31.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.84g (7.67%), Vitamin K: 138.7µg (132.09%), Vitamin A: 4753.32IU (95.07%), Vitamin C: 73.05mg (88.54%), Folate: 126.51µg (31.63%), Fiber: 7.47g (29.87%), Potassium: 710.95mg (20.31%), Manganese: 0.39mg (19.3%), Magnesium: 70.72mg (17.68%), Vitamin B6: 0.34mg (16.8%), Vitamin B5: 1.32mg (13.2%), Vitamin E: 1.96mg (13.06%), Vitamin B2: 0.19mg (11.11%), Copper: 0.21mg (10.54%), Vitamin B1: 0.14mg (9.49%), Vitamin B3: 1.78mg (8.92%), Calcium: 79.57mg (7.96%), Phosphorus: 78.2mg (7.82%), Iron: 1.26mg (6.98%), Zinc: 0.66mg (4.39%), Selenium: 1.56µg (2.23%)