



Cuban Avocado, Watercress, and Pineapple Salad (Ensalada de Aguacate, Berro, y Piña)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



249 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 large haas avocados (West Indian)
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 garlic clove finely chopped
- ☐ 0.1 teaspoon ground cumin
- ☐ 2 tablespoons apple cider vinegar fresh
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 5 ounces onion red

- ☐ 2.5 pound pineapple 1-inch-thick cored peeled cut into four slices
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 2 bunches watercress

Equipment

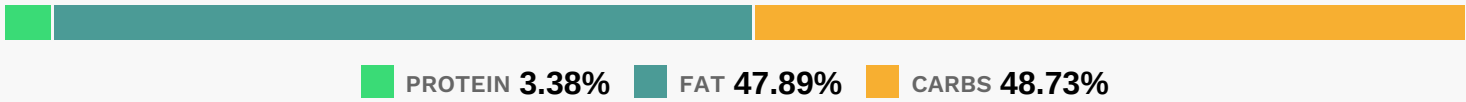
- ☐ bowl
- ☐ paper towels
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ broiler
- ☐ colander

Directions

- ☐ Preparing the Watercress
 - ☐ Place the watercress in a colander and rinse under cold running water to remove any grit or sand. Discard any yellowing leaves and remove the tough stems; for this salad, you want only the leaves and tender stems. Pat dry with paper towels and refrigerate while you prepare the rest of the salad.
- ☐ Broiling the Pineapple
 - ☐ Preheat the broiler.
 - ☐ Place the pineapple slices on a baking pan and sprinkle the sugar evenly on top of them. Broil about 4 inches from the heat source, turning once, for 10 minutes on each side, until lightly golden brown.
 - ☐ Let cool, then cut into 1-inch cubes. Set aside.
- ☐ Preparing the Dressing
 - ☐ Place the garlic, olive oil, vinegar or lime juice, cumin, salt, and pepper in a small bowl and whisk to combine. Taste for seasoning. Set aside.
- ☐ Peeling the Avocado

- ☐ Cut the avocado(s) lengthwise in half around the pit and remove the pit.
- ☐ Place the avocado halves cut side down on the work surface and slice lengthwise into 1-inch-wide wedges. Peel each segment by hand or with a paring knife, and cut into 1-inch cubes.
- ☐ Assembling the Salad
- ☐ Place the watercress in a medium bowl and toss with half the dressing. Arrange on a large platter.
- ☐ Add the pineapple and avocado to the same bowl and toss with the rest of the dressing. Mound the pineapple and avocado over the bed of watercress.
- ☐ Garnish with the slivers of red onion and serve immediately.
- ☐ Reprinted with permission from Gran Cocina Latina: The Food of Latin America by Maricel Presilla, © 2012 Norton

Nutrition Facts



Properties

Glycemic Index:55.79, Glycemic Load:15.29, Inflammation Score:-7, Nutrition Score:17.39782618958%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.18mg, Isorhamnetin: 1.18mg, Isorhamnetin: 1.18mg, Isorhamnetin: 1.18mg Kaempferol: 2.08mg, Kaempferol: 2.08mg, Kaempferol: 2.08mg, Kaempferol: 2.08mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 7.59mg, Quercetin: 7.59mg, Quercetin: 7.59mg, Quercetin: 7.59mg

Nutrients (% of daily need)

Calories: 249.38kcal (12.47%), Fat: 14.21g (21.86%), Saturated Fat: 1.99g (12.42%), Carbohydrates: 32.54g (10.85%), Net Carbohydrates: 27.15g (9.87%), Sugar: 21.89g (24.32%), Cholesterol: 0mg (0%), Sodium: 396.97mg (17.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.25g (4.51%), Vitamin C: 99.49mg (120.6%), Manganese: 1.9mg (95.05%), Vitamin K: 34.87µg (33.21%), Fiber: 5.39g (21.56%), Vitamin B6: 0.36mg (17.79%), Folate: 66.46µg (16.61%), Copper: 0.29mg (14.7%), Vitamin E: 2.12mg (14.13%), Vitamin B1: 0.19mg (12.9%), Potassium: 442.2mg (12.63%), Magnesium: 37.44mg (9.36%), Vitamin B5: 0.93mg (9.33%), Vitamin A: 426.04IU (8.52%), Vitamin B3: 1.59mg (7.93%), Vitamin B2: 0.12mg (7.22%), Iron: 0.92mg (5.14%), Calcium: 48.2mg (4.82%), Phosphorus: 47.43mg (4.74%), Zinc: 0.51mg (3.43%), Selenium: 0.75µg (1.08%)