



Cucumber and Avocado Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



174 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 chiles de árbol dried
- ☐ 2 avocados pitted halved sliced
- ☐ 0.3 cup torn basil leaves fresh
- ☐ 4 celery stalks thinly sliced
- ☐ 24 sprigs cilantro leaves
- ☐ 0.3 cup cilantro leaves coarsely chopped
- ☐ 2 hothouse cucumbers english cut into 1/2" pieces
- ☐ 6 garlic cloves crushed

- ☐ 0.3 cup ginger peeled chopped
- ☐ 1 teaspoon kosher salt ()
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 teaspoon sugar
- ☐ 2 tablespoons vegetable oil

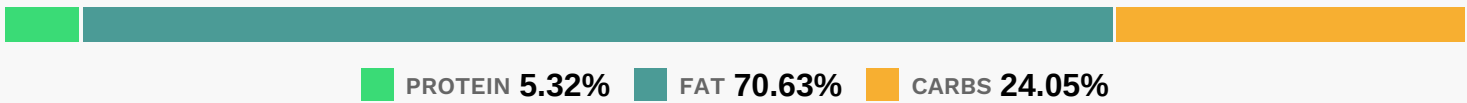
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine cilantro sprigs, ginger, garlic, and chiles in a resealable plastic freezer bag; seal. Lightly pound with a skillet or rolling pin until ginger and garlic are well mashed.
- ☐ Add cucumbers, 1 teaspoon salt, and sugar. Seal bag; shake to mix. Squeeze bag firmly to slightly mash cucumbers, 1–2 minutes.
- ☐ Place bag in a large bowl; let macerate at room temperature, turning halfway through, until juices form, about 35 minutes.
- ☐ Empty contents of bag into bowl; turn bag inside out and scrape out any small bits. Discard cilantro sprigs.
- ☐ Mix in celery, juice, and oil. Season with more salt, if desired.
- ☐ Divide avocado among plates; spoon salad over.
- ☐ Garnish with chopped cilantro and basil.
- ☐ Per serving: 190 calories, 15 g fat, 8 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:56.02, Glycemic Load:1.59, Inflammation Score:-7, Nutrition Score:12.01913050465%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg 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: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.14mg, Quercetin: 5.14mg, Quercetin: 5.14mg, Quercetin: 5.14mg

Nutrients (% of daily need)

Calories: 174.1kcal (8.71%), Fat: 14.66g (22.56%), Saturated Fat: 2.15g (13.42%), Carbohydrates: 11.24g (3.75%), Net Carbohydrates: 5.51g (2%), Sugar: 2.86g (3.18%), Cholesterol: 0mg (0%), Sodium: 402.13mg (17.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.49g (4.97%), Vitamin K: 64.43µg (61.36%), Fiber: 5.73g (22.9%), Folate: 76.95µg (19.24%), Vitamin C: 15.43mg (18.7%), Vitamin A: 926.27IU (18.53%), Potassium: 558.31mg (15.95%), Vitamin B6: 0.29mg (14.39%), Manganese: 0.29mg (14.28%), Vitamin E: 2.07mg (13.81%), Vitamin B5: 1.27mg (12.67%), Copper: 0.24mg (12.23%), Magnesium: 37.87mg (9.47%), Vitamin B2: 0.14mg (8.08%), Vitamin B3: 1.4mg (6.99%), Phosphorus: 68.54mg (6.85%), Vitamin B1: 0.09mg (6.11%), Iron: 0.89mg (4.94%), Zinc: 0.71mg (4.76%), Calcium: 38.37mg (3.84%), Selenium: 0.94µg (1.34%)