



Exotic avocado salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



355 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tbsp pumpkin seeds
- ☐ 1 papaya ripe
- ☐ 1 avocado ripe
- ☐ 50 g watercress washed trimmed
- ☐ 2 servings half pack mint fresh
- ☐ 2 juice of lime
- ☐ 1 tbsp olive oil

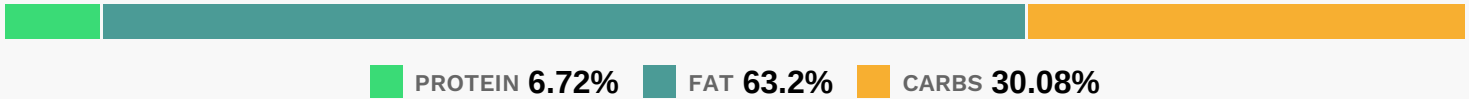
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Dry-fry the pumpkin seeds in a frying pan for a few minutes, tossing and turning them until they look toasted. Tip them out of the pan and let them go cold. Peel the papayas, halve them lengthways and scoop out the seeds.
- ☐ Cut the flesh into long, thin slices. Halve the avocados and remove the stones, then peel off the skin and slice the flesh lengthways into thin slices.
- ☐ Put the papayas, avocados, pumpkin seeds and watercress into a large bowl. Chop about 1 tbsp of the mint leaves and set aside. Pick the remaining leaves from the stalks and tear them into the bowl.
- ☐ Mix the lime juice and olive oil with the rest of the chopped mint to make a dressing, and season with salt and pepper to taste.
- ☐ Pour over the salad and gently mix all the ingredients together with your hands. Taste and add more salt and pepper if you think it needs it, then transfer to a serving platter.

Nutrition Facts



Properties

Glycemic Index:70.38, Glycemic Load:8.97, Inflammation Score:-10, Nutrition Score:25.712608586187%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.97mg, Eriodictyol: 0.97mg, Eriodictyol: 0.97mg, Eriodictyol: 0.97mg Hesperetin: 2.79mg, Hesperetin: 2.79mg, Hesperetin: 2.79mg, Hesperetin: 2.79mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 5.77mg, Kaempferol: 5.77mg, Kaempferol: 5.77mg, Kaempferol: 5.77mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 7.65mg, Quercetin: 7.65mg, Quercetin: 7.65mg, Quercetin: 7.65mg

Nutrients (% of daily need)

Calories: 354.89kcal (17.74%), Fat: 27.13g (41.74%), Saturated Fat: 4.11g (25.67%), Carbohydrates: 29.06g (9.69%), Net Carbohydrates: 18.81g (6.84%), Sugar: 13.25g (14.72%), Cholesterol: 0mg (0%), Sodium: 31.19mg (1.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.49g (12.97%), Vitamin C: 122.88mg (148.94%), Vitamin K: 92.68µg (88.27%), Vitamin A: 2447.56IU (48.95%), Fiber: 10.24g (40.97%), Folate: 149.84µg (37.46%), Manganese: 0.74mg (36.8%), Magnesium: 128.71mg (32.18%), Potassium: 968.33mg (27.67%), Vitamin E: 4.08mg (27.19%), Copper: 0.42mg (21.21%), Phosphorus: 210.69mg (21.07%), Vitamin B5: 1.88mg (18.79%), Vitamin B6: 0.38mg (18.76%), Vitamin B3: 2.9mg (14.5%), Vitamin B2: 0.22mg (13.19%), Iron: 1.98mg (11.01%), Zinc: 1.61mg (10.72%), Vitamin B1: 0.16mg (10.69%), Calcium: 83.76mg (8.38%), Selenium: 2.51µg (3.58%)