



Apple Avocado Salad with Tangerine Dressing

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



10

CALORIES



146 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 apples cored peeled sliced
- 1 avocado diced pitted peeled
- 10 ounce the salad
- 0.3 cup cheese blue crumbled
- 1 clove garlic minced
- 0.5 juice of lemon juiced
- 4 mandarin orange segents juiced
- 0.5 teaspoon lemon zest

- 2 tablespoons olive oil
- 0.3 cup onion red chopped
- 10 servings salt to taste
- 0.5 cup walnut pieces chopped

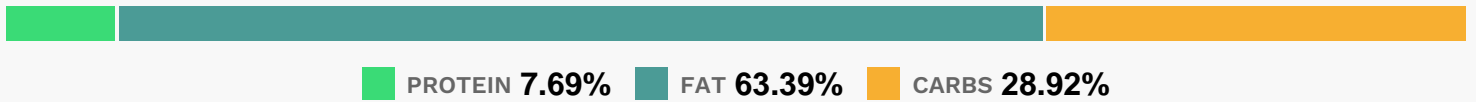
Equipment

- bowl

Directions

- In a large bowl, toss together the baby greens, red onion, walnuts, blue cheese, and lemon zest.
- Mix in the apple and avocado just before serving.
- In a container with a lid, mix the mandarin orange juice, lemon juice, lemon zest, garlic, olive oil, and salt.
- Drizzle over the salad as desired.

Nutrition Facts



Properties

Glycemic Index:21.8, Glycemic Load:2.73, Inflammation Score:-6, Nutrition Score:6.8517391098582%

Flavonoids

Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.44mg, Epicatechin: 1.44mg, Epicatechin: 1.44mg, Epicatechin: 1.44mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 3.55mg, Naringenin: 3.55mg, Naringenin: 3.55mg, Naringenin: 3.55mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 146.14kcal (7.31%), Fat: 11.03g (16.97%), Saturated Fat: 2.04g (12.74%), Carbohydrates: 11.32g (3.77%), Net Carbohydrates: 8.42g (3.06%), Sugar: 6.15g (6.83%), Cholesterol: 3.38mg (1.13%), Sodium: 255.61mg (11.11%), Alcohol: 0g (100%), Protein: 3.01g (6.02%), Vitamin C: 20mg (24.24%), Manganese: 0.3mg (15.06%), Vitamin A: 636.69IU (12.73%), Fiber: 2.9g (11.59%), Folate: 41.38µg (10.35%), Copper: 0.17mg (8.49%), Vitamin B6: 0.16mg (7.88%), Potassium: 270.29mg (7.72%), Phosphorus: 69.96mg (7%), Vitamin E: 0.98mg (6.52%), Vitamin K: 6.59µg (6.28%), Magnesium: 24.94mg (6.24%), Vitamin B5: 0.52mg (5.2%), Calcium: 51.54mg (5.15%), Vitamin B2: 0.09mg (5.02%), Vitamin B1: 0.07mg (4.64%), Vitamin B3: 0.77mg (3.87%), Zinc: 0.53mg (3.55%), Iron: 0.58mg (3.23%), Selenium: 1.23µg (1.76%)