



 **26%**  
HEALTH SCORE

## Water-Cado Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



252 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 2 avocado pitted peeled cut into small chunks - 1/2 inch
- 1.5 lbs watermelon seeded cut into small/ chunks - 1 inch
- 2 juice of lime juiced
- 0.5 onion red peeled sliced thin
- 1 tablespoons olive oil
- 0.5 bunch cilantro leaves chopped
- 4 servings salt and pepper to taste

## Equipment

bowl

## Directions

Add all ingredients into a bowl and toss gently.

## Nutrition Facts

    
 **PROTEIN 4.76%**  **FAT 60.48%**  **CARBS 34.76%**

## Properties

Glycemic Index:43.42, Glycemic Load:10.1, Inflammation Score:-8, Nutrition Score:13.254782608696%

## 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: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg

## Taste

Sweetness: 64.96%, Saltiness: 1.1%, Sourness: 0%, Bitterness: 0%, Savoriness: 0%, Fattiness: 100%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 252.25kcal (12.61%), Fat: 18.56g (28.55%), Saturated Fat: 2.66g (16.61%), Carbohydrates: 24g (8%), Net Carbohydrates: 16.26g (5.91%), Sugar: 12.05g (13.39%), Cholesterol: 0mg (0%), Sodium: 203.91mg (8.87%), Protein: 3.28g (6.57%), Vitamin C: 29.62mg (35.9%), Fiber: 7.74g (30.94%), Vitamin K: 26.63µg (25.36%), Vitamin A: 1189.84IU (23.8%), Folate: 91.24µg (22.81%), Potassium: 720.84mg (20.6%), Vitamin E: 2.73mg (18.2%), Vitamin B5: 1.81mg (18.13%), Vitamin B6: 0.36mg (17.93%), Copper: 0.27mg (13.71%), Magnesium: 48.99mg (12.25%), Manganese: 0.23mg (11.63%), Vitamin B3: 2.1mg (10.5%), Vitamin B2: 0.17mg (10.23%), Vitamin B1: 0.13mg (8.95%), Phosphorus: 77.54mg (7.75%), Iron: 1.04mg (5.79%), Zinc: 0.85mg (5.69%), Calcium: 30.05mg (3.01%), Selenium: 1.18µg (1.68%)