



Fresh Citrus Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



82 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup avocado diced
- ☐ 2 teaspoons ginger fresh grated
- ☐ 2 small grapefruit red
- ☐ 2 large navel oranges
- ☐ 0.3 cup orange marmalade sweet
- ☐ 2 tablespoons raspberry vinegar
- ☐ 0.5 cup strawberries diced

Equipment

whisk

Directions

- Peel grapefruits and oranges; cut into rounds, and arrange on a serving platter.
- Whisk together orange marmalade, raspberry vinegar, and grated fresh ginger. Toss marmalade mixture with avocado and strawberries; spoon over citrus slices.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:1.44, Inflammation Score:-6, Nutrition Score:5.5682608290859%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 2.24mg, Pelargonidin: 2.24mg, Pelargonidin: 2.24mg, Pelargonidin: 2.24mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Hesperetin: 7.83mg, Hesperetin: 7.83mg, Hesperetin: 7.83mg, Hesperetin: 7.83mg Naringenin: 18.83mg, Naringenin: 18.83mg, Naringenin: 18.83mg, Naringenin: 18.83mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg 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: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 81.82kcal (4.09%), Fat: 1.53g (2.36%), Saturated Fat: 0.22g (1.37%), Carbohydrates: 17.98g (5.99%), Net Carbohydrates: 15.53g (5.65%), Sugar: 12.95g (14.38%), Cholesterol: 0mg (0%), Sodium: 6.95mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.99g (1.98%), Vitamin C: 43.02mg (52.14%), Vitamin A: 682.42IU (13.65%), Fiber: 2.46g (9.83%), Folate: 29.11µg (7.28%), Potassium: 193.35mg (5.52%), Vitamin B6: 0.09mg (4.26%), Manganese: 0.08mg (4.08%), Vitamin B5: 0.37mg (3.66%), Vitamin B1: 0.05mg (3.62%), Calcium: 32.76mg (3.28%), Magnesium: 12.84mg (3.21%), Copper: 0.06mg (3.11%), Vitamin B2: 0.05mg (2.95%), Phosphorus: 24.95mg (2.5%), Vitamin E: 0.34mg (2.3%), Vitamin B3: 0.46mg (2.29%), Vitamin K: 2.17µg (2.06%), Iron: 0.2mg (1.11%)