



Grapefruit and Avocado Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



332 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 avocados pitted peeled sliced
- 2 tablespoons honey
- 3 tablespoons juice of lime
- 0.3 cup olive oil
- 0.3 cup orange juice
- 4 large grapefruit red peeled
- 8 servings salt and cracked pepper black to taste

Equipment

bowl

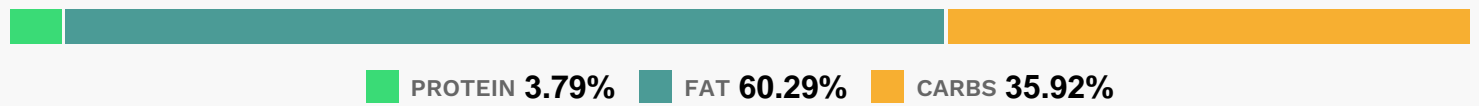
whisk

Directions

Arrange the grapefruit sections and avocado slices attractively in a shallow serving dish. In a bowl, whisk together the orange juice, olive oil, lime juice, and honey until well combined; drizzle the dressing over the grapefruit and avocado slices. Season to taste with salt and black pepper.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:21.16, Glycemic Load:7.32, Inflammation Score:-9, Nutrition Score:16.754782868468%

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: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 2.32mg, Hesperetin: 2.32mg, Hesperetin: 2.32mg, Hesperetin: 2.32mg Naringenin: 54.42mg, Naringenin: 54.42mg, Naringenin: 54.42mg, Naringenin: 54.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 332.1kcal (16.6%), Fat: 24.03g (36.97%), Saturated Fat: 3.42g (21.38%), Carbohydrates: 32.21g (10.74%), Net Carbohydrates: 22.77g (8.28%), Sugar: 17.37g (19.3%), Cholesterol: 0mg (0%), Sodium: 201.43mg (8.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.4g (6.8%), Vitamin C: 68.72mg (83.3%), Vitamin A: 2079.21IU (41.58%), Fiber: 9.44g (37.77%), Folate: 106.75µg (26.69%), Vitamin K: 26.57µg (25.3%), Vitamin E: 3.61mg (24.06%), Potassium: 741.63mg (21.19%), Vitamin B5: 1.86mg (18.61%), Vitamin B6: 0.35mg (17.69%), Copper: 0.25mg (12.61%), Magnesium: 45.78mg (11.45%), Vitamin B2: 0.19mg (11.06%), Vitamin B3: 2.14mg (10.72%), Vitamin B1: 0.15mg (9.96%), Manganese: 0.19mg (9.32%), Phosphorus: 84.89mg (8.49%), Zinc: 0.78mg (5.21%), Calcium: 51.03mg (5.1%), Iron: 0.79mg (4.36%)