



Grapefruit and Avocado Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



345 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup almonds smoked chopped
- ☐ 1 firm-ripe avocado peeled sliced
- ☐ 2 pink grapefruit
- ☐ 0.3 cup green onions thinly sliced (white and pale green parts only)
- ☐ 2 tablespoons juice of lime
- ☐ 2 qt salad greens mixed
- ☐ 2 tablespoons olive oil
- ☐ 4 servings salt and pepper

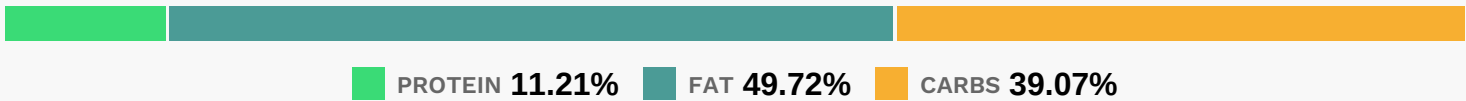
Equipment

- ☐ bowl
- ☐ knife
- ☐ sieve

Directions

- ☐ With a sharp knife, cut peel and outer membrane from grapefruit. Working over a strainer set over a bowl, cut between inner membranes and fruit to release segments into strainer. Squeeze juice from membranes into bowl. Discard peel and membranes.
- ☐ In a large bowl, combine oil, lime juice, and grapefruit juice.
- ☐ Add salad greens and mix gently to coat. Divide evenly among four plates and top with grapefruit segments, avocado, almonds, and green onions.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:3.48, Inflammation Score:-10, Nutrition Score:30.026521703471%

Flavonoids

Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 1.12mg, Hesperetin: 1.12mg, Hesperetin: 1.12mg, Hesperetin: 1.12mg Naringenin: 41.86mg, Naringenin: 41.86mg, Naringenin: 41.86mg, Naringenin: 41.86mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 344.62kcal (17.23%), Fat: 20.86g (32.09%), Saturated Fat: 2.57g (16.04%), Carbohydrates: 36.88g (12.29%), Net Carbohydrates: 29.79g (10.83%), Sugar: 9.94g (11.05%), Cholesterol: 0mg (0%), Sodium: 321.74mg (13.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.58g (21.16%), Vitamin C: 158.16mg (191.71%), Vitamin A: 6986.83IU (139.74%), Folate: 242.41µg (60.6%), Manganese: 1.08mg (53.96%), Potassium: 1343.86mg (38.4%), Vitamin E: 5.32mg (35.44%), Vitamin B6: 0.6mg (29.93%), Phosphorus: 294.39mg (29.44%), Vitamin B2: 0.48mg (28.45%), Fiber: 7.1g (28.39%), Magnesium: 112.17mg (28.04%), Vitamin K: 27.75µg (26.43%), Copper: 0.5mg (25.16%), Iron: 3.94mg (21.9%), Vitamin B3: 4.21mg (21.06%), Vitamin B1: 0.26mg (17.36%), Vitamin B5: 1.67mg (16.71%), Calcium: 133.5mg (13.35%), Zinc: 1.81mg (12.05%), Selenium: 2.76µg (3.94%)