



Grapefruit and Avocado Salad with Ginger-Cassis Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



174 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 large avocado pitted peeled halved sliced
- ☐ 1 large head boston lettuce separated
- ☐ 3 tablespoons creme de cassis (black-currant liqueur)
- ☐ 2 tablespoons ginger fresh minced peeled
- ☐ 2 large grapefruit red
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 2 tablespoons shallots chopped

☐ 4 teaspoons sherry vinegar

Equipment

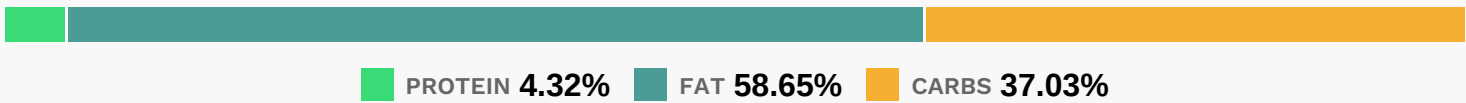
☐ bowl

☐ whisk

Directions

- ☐ Whisk first 5 ingredients in small bowl to blend. Season dressing very generously with salt and pepper.
- ☐ Cut off peel and white pith from grapefruits.
- ☐ Cut each grapefruit crosswise into 4 slices, then cut each slice crosswise in half. Arrange lettuce leaves on platter, tearing large ones in half. Top with grapefruit and avocado.
- ☐ Drizzle with dressing; sprinkle with salt and pepper.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:18.33, Glycemic Load:2.95, Inflammation Score:-9, Nutrition Score:11.096086955589%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg Naringenin: 36.12mg, Naringenin: 36.12mg, Naringenin: 36.12mg, Naringenin: 36.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 174.16kcal (8.71%), Fat: 12.16g (18.71%), Saturated Fat: 1.72g (10.72%), Carbohydrates: 17.27g (5.76%), Net Carbohydrates: 12.8g (4.66%), Sugar: 9.39g (10.43%), Cholesterol: 0mg (0%), Sodium: 5.7mg (0.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.02g (4.03%), Vitamin C: 39.28mg (47.62%), Vitamin A: 2221.47IU (44.43%),

Vitamin K: 39.07µg (37.21%), Fiber: 4.47g (17.87%), Folate: 62.74µg (15.69%), Vitamin E: 1.9mg (12.68%), Potassium: 398.79mg (11.39%), Vitamin B6: 0.18mg (9.11%), Vitamin B5: 0.81mg (8.1%), Manganese: 0.14mg (6.91%), Magnesium: 25.12mg (6.28%), Vitamin B1: 0.09mg (5.87%), Vitamin B2: 0.1mg (5.66%), Copper: 0.11mg (5.63%), Phosphorus: 49.37mg (4.94%), Vitamin B3: 0.93mg (4.65%), Iron: 0.72mg (4.01%), Calcium: 40.12mg (4.01%), Zinc: 0.37mg (2.49%)