



Grapefruit and Avocado Winter Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



403 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bunch arugula
- ☐ 4 servings pepper black freshly ground to taste
- ☐ 0.3 cup parsley fresh minced
- ☐ 3 juice from segmented grapefruit (approximately 3 tablespoons)
- ☐ 2 pink grapefruits red peeled
- ☐ 2 haas avocados firm ripe cubed peeled
- ☐ 0.7 cup olive oil extra-virgin
- ☐ 0.5 cup georgia pecan halves toasted canned (you can toast them in a skillet over medium heat)

- ☐ 0.3 cup red wine vinegar
- ☐ 1 heads romaine lettuce
- ☐ 4 servings salt to taste

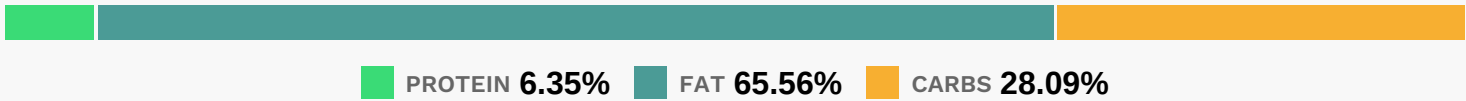
Equipment

- ☐ whisk

Directions

- ☐ Arrange the lettuce and arugula on a large platter.Arrange the avocado and grapefruit segments on the bed of greens.
- ☐ Whisk or blend together all of the ingredients for the dressing, seasoning to taste with salt and pepper.
- ☐ Drizzle the dressing over the entire salad.
- ☐ Garnish with the toasted pecans and minced parsley.

Nutrition Facts



Properties

Glycemic Index:54.75, Glycemic Load:3.97, Inflammation Score:-10, Nutrition Score:32.69782630257%

Flavonoids

Cyanidin: 1.66mg, Cyanidin: 1.66mg, Cyanidin: 1.66mg, Cyanidin: 1.66mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 41.78mg, Naringenin: 41.78mg, Naringenin: 41.78mg, Naringenin: 41.78mg Apigenin: 8.11mg, Apigenin: 8.11mg, Apigenin: 8.11mg, Apigenin: 8.11mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg Kaempferol: 9.96mg, Kaempferol: 9.96mg, Kaempferol: 9.96mg, Kaempferol: 9.96mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg

Nutrients (% of daily need)

Calories: 403.12kcal (20.16%), Fat: 31.75g (48.85%), Saturated Fat: 4.02g (25.11%), Carbohydrates: 30.61g (10.2%), Net Carbohydrates: 16.75g (6.09%), Sugar: 12.53g (13.92%), Cholesterol: 0mg (0%), Sodium: 224.84mg (9.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.92g (13.84%), Vitamin A: 16243.68IU (324.87%), Vitamin K: 278.74µg (265.47%), Folate: 346.74µg (86.69%), Vitamin C: 65.91mg (79.89%), Fiber: 13.86g (55.43%), Manganese: 1.09mg (54.47%), Potassium: 1232.96mg (35.23%), Vitamin E: 3.81mg (25.41%), Vitamin B6: 0.49mg (24.61%), Copper: 0.49mg (24.3%), Magnesium: 93.75mg (23.44%), Vitamin B1: 0.33mg (22.17%), Vitamin B5: 2.2mg (22.01%), Vitamin B2: 0.32mg (18.79%), Iron: 3.28mg (18.2%), Phosphorus: 175.23mg (17.52%), Calcium: 152.79mg (15.28%), Vitamin B3: 2.78mg (13.92%), Zinc: 1.83mg (12.23%), Selenium: 1.72µg (2.46%)