



Grapefruit and Hearts of Palm Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



22 min.

SERVINGS



6

CALORIES



305 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 avocado ripe peeled cut into thin wedges
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 tablespoons canola oil
- ☐ 1.5 cups grapefruit red (2 large grapefruit)
- ☐ 28 ounce hearts of palm rinsed drained canned
- ☐ 1 teaspoon honey
- ☐ 4 cups kale
- ☐ 1 tablespoon juice of lime fresh

- ☐ 0.5 teaspoon lime zest grated
- ☐ 1 tablespoon mayonnaise
- ☐ 1 small to 5 chilies red seeded thinly sliced
- ☐ 0.5 cup onion red thinly sliced

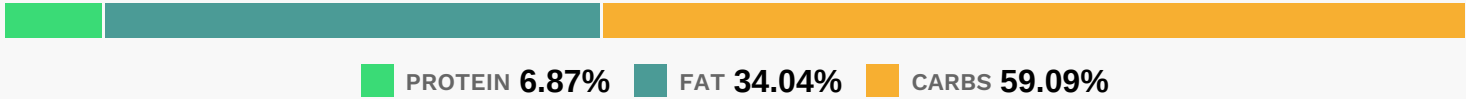
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 6 ingredients in a small bowl; stir with a whisk until smooth.
- ☐ Place 2/3 cup kale on each of 6 plates. Arrange grapefruit sections, onion, hearts of palm, chile, and avocado evenly over kale.
- ☐ Drizzle with dressing.

Nutrition Facts



Properties

Glycemic Index:55.88, Glycemic Load:2.61, Inflammation Score:-10, Nutrition Score:25.319565527546%

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 Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 18.78mg, Naringenin: 18.78mg, Naringenin: 18.78mg, Naringenin: 18.78mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 3.97mg, Isorhamnetin: 3.97mg, Isorhamnetin: 3.97mg, Isorhamnetin: 3.97mg Kaempferol: 6.64mg, Kaempferol: 6.64mg, Kaempferol: 6.64mg, Kaempferol: 6.64mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.07mg, Quercetin: 6.07mg, Quercetin: 6.07mg, Quercetin: 6.07mg

Nutrients (% of daily need)

Calories: 304.57kcal (15.23%), Fat: 11.94g (18.37%), Saturated Fat: 1.44g (8.98%), Carbohydrates: 46.65g (15.55%), Net Carbohydrates: 40.56g (14.75%), Sugar: 28.98g (32.2%), Cholesterol: 0.98mg (0.33%), Sodium: 44.42mg (1.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.42g (10.84%), Potassium: 2726.46mg (77.9%), Vitamin C: 57.52mg (69.72%), Vitamin K: 69.95µg (66.62%), Vitamin B6: 1.26mg (63.22%), Copper: 0.96mg (47.93%), Vitamin A: 2273.47IU (45.47%), Zinc: 5.29mg (35.3%), Fiber: 6.09g (24.36%), Phosphorus: 228.76mg (22.88%), Vitamin B2: 0.36mg (21.15%), Folate: 79.71µg (19.93%), Vitamin E: 2.48mg (16.51%), Iron: 2.81mg (15.62%), Vitamin B3: 2.17mg (10.85%), Manganese: 0.19mg (9.53%), Vitamin B1: 0.14mg (9.44%), Magnesium: 36.13mg (9.03%), Calcium: 81.01mg (8.1%), Vitamin B5: 0.67mg (6.69%), Selenium: 1.42µg (2.02%)