



## Green salad with avocado



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



117 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

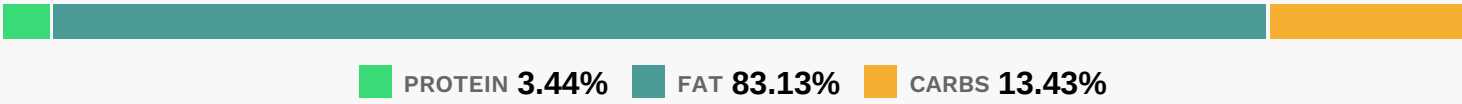
- ☐ 1 tbsp juice of lemon
- ☐ 1 pinch salt
- ☐ 4 tbsp olive oil
- ☐ 1 small bunch chives finely chopped
- ☐ 200 g salad leaves mixed
- ☐ 2 avocados ripe sliced

## Equipment

# Directions

- ☐
- Squeeze 1 tbsp lemon juice into a jam jar with a pinch of salt.
- ☐
- Pour in 4 tbsp olive oil, add a small bunch finely chopped chives, put on the lid, then shake well. To serve, toss with 200g bag mixed salad leaves and 2 sliced ripe avocados.

# Nutrition Facts



# Properties

Glycemic Index:8.5, Glycemic Load:0.3, Inflammation Score:-4, Nutrition Score:4.8082608930443%

# Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

# Nutrients (% of daily need)

Calories: 117.47kcal (5.87%), Fat: 11.53g (17.74%), Saturated Fat: 1.63g (10.2%), Carbohydrates: 4.19g (1.4%), Net Carbohydrates: 1.49g (0.54%), Sugar: 0.31g (0.35%), Cholesterol: 0mg (0%), Sodium: 12.03mg (0.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.07g (2.14%), Vitamin K: 12.67µg (12.06%), Vitamin C: 9.47mg (11.48%), Vitamin E: 1.64mg (10.94%), Fiber: 2.71g (10.83%), Folate: 40.68µg (10.17%), Potassium: 232.16mg (6.63%), Vitamin A: 303.39IU (6.07%), Vitamin B6: 0.12mg (6.03%), Vitamin B5: 0.59mg (5.86%), Manganese: 0.09mg (4.41%), Copper: 0.09mg (4.36%), Vitamin B3: 0.81mg (4.07%), Vitamin B2: 0.06mg (3.7%), Magnesium: 14.12mg (3.53%), Phosphorus: 29.06mg (2.91%), Vitamin B1: 0.03mg (2.24%), Iron: 0.39mg (2.14%), Zinc: 0.3mg (2.02%)