



Green Salad with Papaya-seed Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



130 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 avocados pitted peeled sliced
- 0.3 cup canola oil
- 0.5 teaspoon mustard dry
- 1 pound salad greens mixed
- 0.3 cup rice vinegar
- 0.5 teaspoon salt
- 1.5 tablespoons papaya seeds fresh
- 1.5 teaspoons sugar

0.5 small onion sweet with cold water rinsed thinly sliced into rings and chopped (such as Maui)

Equipment

bowl

blender

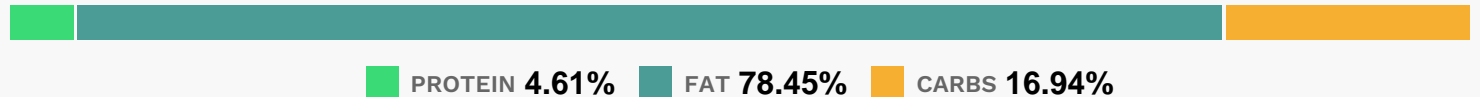
Directions

In a blender, whirl vinegar, oil, chopped onion, sugar, salt, and mustard until smooth.

Add papaya seeds and pulse until seeds look like coarsely ground peppercorns.

In a large bowl, combine onion rings, salad greens, and 3/4 of avocado slices; pour dressing over salad and toss gently to coat. Arrange salad on a large platter and top with remaining slices of avocado.

Nutrition Facts



Properties

Glycemic Index:13.34, Glycemic Load:0.6, Inflammation Score:-5, Nutrition Score:5.371304328027%

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: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

Nutrients (% of daily need)

Calories: 130.19kcal (6.51%), Fat: 11.83g (18.19%), Saturated Fat: 1.26g (7.86%), Carbohydrates: 5.75g (1.92%), Net Carbohydrates: 3.26g (1.19%), Sugar: 1.44g (1.6%), Cholesterol: 0mg (0%), Sodium: 110.33mg (4.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.13%), Vitamin C: 12.79mg (15.5%), Vitamin E: 1.79mg (11.93%), Folate: 44.43µg (11.11%), Vitamin K: 11.52µg (10.97%), Fiber: 2.5g (10%), Vitamin A: 478.47IU (9.57%), Potassium: 244.69mg (6.99%), Vitamin B6: 0.13mg (6.73%), Manganese: 0.12mg (5.99%), Vitamin B5: 0.52mg (5.25%), Copper: 0.09mg (4.57%), Vitamin B3: 0.81mg (4.07%), Magnesium: 15.5mg (3.87%), Vitamin B2: 0.07mg (3.85%), Phosphorus: 36.86mg (3.69%), Vitamin B1: 0.04mg (2.67%), Iron: 0.47mg (2.61%), Zinc: 0.32mg (2.12%), Calcium: 12.4mg (1.24%)