



 **60%**  
HEALTH SCORE

## Grilled Avocado, Tomato, Red Onion Salad

 **Gluten Free**  **Very Healthy**

READY IN



**21 min.**

SERVINGS



**5**

CALORIES



**838 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 4 avocados pitted peeled halved
- 0.5 optional: lemon
- 5 servings olive oil extra-virgin for drizzling
- 5 servings parmiggiano-reggiano
- 1 cup pesto sauce
- 0.5 cup pinenuts
- 1 onion red sliced
- 10 tomatoes quartered

## Equipment

- bowl
- grill

## Directions

- Preheat a grill over medium heat.
- Cover a large tray with tomato quarters, and set aside.
- Place avocado halves in a bowl and drizzle with olive oil.
- Place each half on a hot open grill for about 30 to 45 seconds.
- Remove and place on top of the tomatoes arranged on tray.
- Drizzle with olive oil again.
- In another bowl, cover the red onion slices with the juice from the lemon half and olive oil.
- Place onions in the empty avocado pit holes. Cover with the lemon/olive oil mix. Then, top with pesto, distributing generously on all sides.
- Sprinkle pine nuts and cheese on top, to taste.

## Nutrition Facts

 **PROTEIN 9.44%**  **FAT 75.48%**  **CARBS 15.08%**

## Properties

Glycemic Index:31.5, Glycemic Load:4.59, Inflammation Score:-10, Nutrition Score:36.372608765312%

## Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Eriodictyol: 2.31mg, Eriodictyol: 2.31mg, Eriodictyol: 2.31mg, Eriodictyol: 2.31mg Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 1.73mg, Naringenin: 1.73mg, Naringenin: 1.73mg, Naringenin: 1.73mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg

## Nutrients (% of daily need)

Calories: 837.66kcal (41.88%), Fat: 73.52g (113.11%), Saturated Fat: 14.2g (88.74%), Carbohydrates: 33.05g (11.02%), Net Carbohydrates: 17.35g (6.31%), Sugar: 11.05g (12.27%), Cholesterol: 24.37mg (8.12%), Sodium: 969.56mg (42.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.7g (41.39%), Manganese: 1.73mg (86.73%), Vitamin A: 3524.92IU (70.5%), Vitamin C: 57.24mg (69.38%), Vitamin K: 69.5µg (66.19%), Fiber: 15.7g (62.78%), Vitamin E: 8.02mg (53.46%), Calcium: 489.12mg (48.91%), Folate: 179.21µg (44.8%), Phosphorus: 436.59mg (43.66%), Potassium: 1518.26mg (43.38%), Vitamin B6: 0.69mg (34.25%), Copper: 0.65mg (32.55%), Magnesium: 123.84mg (30.96%), Vitamin B5: 2.68mg (26.78%), Vitamin B3: 4.97mg (24.85%), Vitamin B2: 0.39mg (23.18%), Zinc: 3.19mg (21.25%), Vitamin B1: 0.27mg (18.27%), Iron: 3.02mg (16.77%), Selenium: 7.64µg (10.92%), Vitamin B12: 0.36µg (6%)