



Grilled Pineapple and Avocado Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



122 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 avocado diced peeled
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 8 cups torn boston lettuce
- ☐ 1.8 cups cucumber seeded chopped
- ☐ 1 teaspoon olive oil extravirgin
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 teaspoon ground pepper red
- ☐ 3 tablespoons juice of lemon fresh

- ☐ 2 small pineapples cored peeled sliced
- ☐ 1 cup onion red chopped
- ☐ 1.5 teaspoons salt
- ☐ 1 tablespoon sugar

Equipment

- ☐ bowl
- ☐ paper towels
- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Pat pineapple dry with paper towels.
- ☐ Combine sugar and red pepper in a small bowl; sprinkle pineapple evenly with sugar mixture.
- ☐ Place pineapple on grill rack coated with cooking spray; grill 4 minutes on each side or until golden. Cool completely; chop.
- ☐ Place pineapple in a large bowl.
- ☐ Add lettuce and remaining ingredients; toss well.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:25.56, Glycemic Load:11.5, Inflammation Score:-8, Nutrition Score:15.792173592941%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg

0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg
Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.67mg, Isorhamnetin:
0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol:
0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg
Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg

Nutrients (% of daily need)

Calories: 122.15kcal (6.11%), Fat: 3.12g (4.8%), Saturated Fat: 0.44g (2.74%), Carbohydrates: 24.91g (8.3%), Net
Carbohydrates: 20.91g (7.6%), Sugar: 17.21g (19.13%), Cholesterol: 0mg (0%), Sodium: 296.18mg (12.88%), Alcohol:
0g (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.78%), Vitamin C: 78.19mg (94.77%), Manganese: 1.52mg
(76.09%), Vitamin K: 41.46µg (39.48%), Vitamin A: 1270.45IU (25.41%), Folate: 71.31µg (17.83%), Fiber: 4.01g (16.02%),
Vitamin B6: 0.27mg (13.43%), Copper: 0.22mg (11.22%), Vitamin B1: 0.16mg (10.86%), Potassium: 377.9mg (10.8%),
Magnesium: 31.41mg (7.85%), Vitamin B5: 0.67mg (6.74%), Vitamin B3: 1.2mg (5.99%), Vitamin B2: 0.1mg (5.94%),
Iron: 1.03mg (5.75%), Phosphorus: 40.36mg (4.04%), Calcium: 39.96mg (4%), Vitamin E: 0.52mg (3.47%), Zinc:
0.42mg (2.78%)