



Guacamole Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



63 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 large avocado chopped
- 2 cups grape tomatoes halved
- 2 Tbsp juice of lime fresh
- 0.5 cup onions red thinly sliced
- 8 cups torn salad greens mixed
- 0.5 cup tuscan house dressing italian kraft
- 1.5 oz tortilla chips crushed

Equipment

bowl

Directions

Combine first 4 ingredients in large bowl.

Mix dressing and lime juice.

Add to salad; toss to coat.

Top with crushed chips.

Nutrition Facts

PROTEIN 6.03% **FAT 57.34%** **CARBS 36.63%**

Properties

Glycemic Index:7, Glycemic Load:0.41, Inflammation Score:-4, Nutrition Score:3.5673913126406%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 63.24kcal (3.16%), Fat: 4.27g (6.57%), Saturated Fat: 0.61g (3.79%), Carbohydrates: 6.14g (2.05%), Net Carbohydrates: 4.75g (1.73%), Sugar: 1.74g (1.93%), Cholesterol: 0mg (0%), Sodium: 94.82mg (4.12%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.01g (2.02%), Vitamin C: 10.04mg (12.17%), Vitamin K: 9.4µg (8.95%), Vitamin A: 431.41IU (8.63%), Folate: 23.28µg (5.82%), Fiber: 1.39g (5.55%), Potassium: 170.63mg (4.88%), Vitamin E: 0.66mg (4.41%), Vitamin B6: 0.08mg (4.23%), Manganese: 0.08mg (4.14%), Magnesium: 11.88mg (2.97%), Phosphorus: 29.44mg (2.94%), Copper: 0.05mg (2.74%), Vitamin B5: 0.27mg (2.72%), Vitamin B3: 0.51mg (2.56%), Vitamin B2: 0.04mg (2.09%), Vitamin B1: 0.03mg (2.08%), Iron: 0.34mg (1.88%), Zinc: 0.22mg (1.46%), Calcium: 11.9mg (1.19%)