



Heirloom Tomato and Avocado Stack



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



130 kcal

SIDE DISH

Ingredients

- ☐ 1 cup avocado diced peeled (1 small)
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 teaspoon garlic fresh minced
- ☐ 0.1 teaspoon ground cumin
- ☐ 1 Dash ground pepper red
- ☐ 2 pounds heirloom tomatoes
- ☐ 0.5 teaspoon lime rind grated
- ☐ 0.3 cup buttermilk low-fat

- ☐ 1 tablespoon mayonnaise reduced-fat
- ☐ 2 tablespoons cup heavy whipping cream sour reduced-fat
- ☐ 0.3 cup very thinly onion red vertically sliced
- ☐ 0.3 teaspoon salt

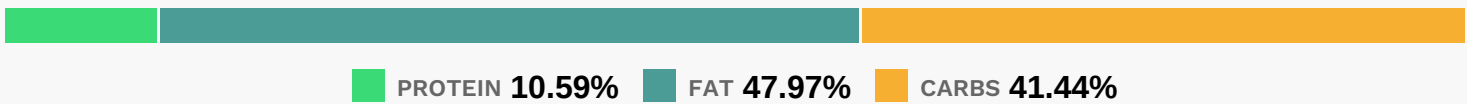
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender

Directions

- ☐ To prepare dressing, combine first 9 ingredients in a small food processor or blender; process 30 seconds or until pureed, scraping sides of bowl occasionally. Cover and chill.
- ☐ To prepare salad, slice each tomato crosswise into 4 equal slices (about 1/2 inch thick).
- ☐ Place 1 tomato slice on each of 4 salad plates; sprinkle slices evenly with 1/4 teaspoon salt. Top each serving with a few onion pieces and about 1 tablespoon avocado. Repeat layers 3 times, ending with avocado.
- ☐ Drizzle 2 tablespoons dressing over each serving; sprinkle with black pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:59, Glycemic Load:2.83, Inflammation Score:-9, Nutrition Score:13.333913137731%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 1.55mg, Naringenin: 1.55mg, Naringenin: 1.55mg, Naringenin: 1.55mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

Nutrients (% of daily need)

Calories: 130.21kcal (6.51%), Fat: 7.63g (11.74%), Saturated Fat: 1.52g (9.48%), Carbohydrates: 14.83g (4.94%), Net Carbohydrates: 9.37g (3.41%), Sugar: 7.75g (8.61%), Cholesterol: 3.46mg (1.15%), Sodium: 223.84mg (9.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.79g (7.58%), Vitamin C: 36.24mg (43.93%), Vitamin A: 2054.51IU (41.09%), Vitamin K: 30.89µg (29.42%), Potassium: 785.85mg (22.45%), Fiber: 5.46g (21.83%), Folate: 68.77µg (17.19%), Manganese: 0.34mg (16.79%), Vitamin B6: 0.3mg (15.13%), Vitamin E: 2.14mg (14.29%), Copper: 0.22mg (10.83%), Vitamin B3: 2.05mg (10.23%), Magnesium: 40.28mg (10.07%), Phosphorus: 100.61mg (10.06%), Vitamin B1: 0.12mg (8.31%), Vitamin B5: 0.8mg (7.99%), Vitamin B2: 0.13mg (7.93%), Calcium: 63.15mg (6.32%), Zinc: 0.77mg (5.14%), Iron: 0.93mg (5.14%), Selenium: 0.92µg (1.31%), Vitamin B12: 0.07µg (1.15%)