



Mâche and Avocado Salad with Tortilla Strips



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



200 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 avocado pitted peeled cut lengthwise into 1/4-inch-thick strips
- ☐ 10 cups baby spinach loosely packed ()
- ☐ 5 6-inch diameter corn tortillas cut into 3 x 1/2-inch strips
- ☐ 1.5 teaspoons honey
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 tablespoon shallots chopped

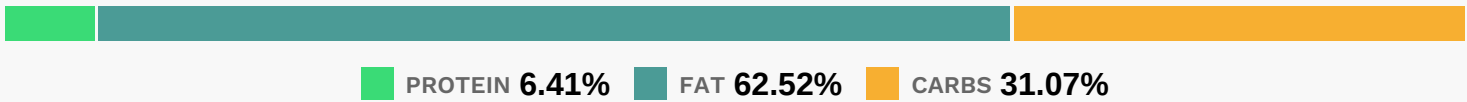
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Heat 1/4 cup oil in heavy large skillet over medium-high heat. Working in batches, fry tortilla strips until golden, about 2 minutes.
- ☐ Transfer to paper towels.
- ☐ Sprinkle with salt.
- ☐ Whisk lime juice, shallot, and honey in small bowl.
- ☐ Whisk in 3 tablespoons oil. Season with salt and pepper. DO AHEAD Can be made 1 day ahead. Cool strips completely and store in airtight container at room temperature. Cover and chill dressing.
- ☐ Place mâche and avocado in large bowl.
- ☐ Add dressing; toss. Season with salt and pepper. Top with tortilla strips.

Nutrition Facts



Properties

Glycemic Index:34.13, Glycemic Load:5.48, Inflammation Score:-10, Nutrition Score:18.779130334439%

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: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 3.19mg, Kaempferol: 3.19mg, Kaempferol: 3.19mg, Kaempferol: 3.19mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg

Nutrients (% of daily need)

Calories: 199.66kcal (9.98%), Fat: 14.74g (22.68%), Saturated Fat: 2.09g (13.04%), Carbohydrates: 16.48g (5.49%), Net Carbohydrates: 11.69g (4.25%), Sugar: 2.27g (2.53%), Cholesterol: 0mg (0%), Sodium: 52.15mg (2.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.4g (6.81%), Vitamin K: 254µg (241.9%), Vitamin A: 4740.41IU (94.81%), Folate: 126.32µg (31.58%), Manganese: 0.57mg (28.69%), Vitamin C: 19.04mg (23.08%), Vitamin E: 3.08mg (20.51%), Fiber: 4.79g (19.15%), Magnesium: 65.6mg (16.4%), Potassium: 494.19mg (14.12%), Vitamin B6: 0.24mg (11.96%), Phosphorus: 111.72mg (11.17%), Iron: 1.89mg (10.49%), Vitamin B2: 0.15mg (9.05%), Copper: 0.17mg (8.27%), Calcium: 72.58mg (7.26%), Vitamin B3: 1.28mg (6.41%), Vitamin B1: 0.08mg (5.6%), Vitamin B5: 0.53mg (5.34%), Zinc: 0.78mg (5.18%), Selenium: 1.99µg (2.85%)