




 **33%**
HEALTH SCORE

Mexican Salad


 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN




12 min.

SERVINGS



4

CALORIES



325 kcal

SIDE DISH ANTIPASTI STARTER SNACK

Ingredients

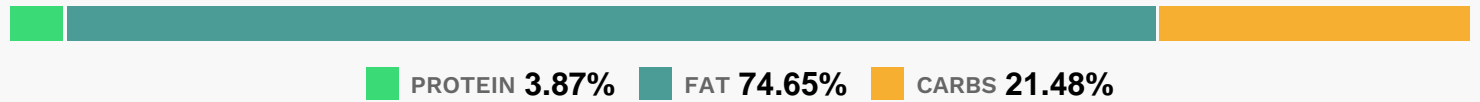
- 2 avocado ripe
- 2 tablespoons cilantro leaves chopped
- 4 servings coarse salt
- 4 servings olive oil extra virgin for drizzling
- 2 lime
- 0.5 onion sweet sliced
- 3 vine ripened tomato

Equipment

Directions

- Cut avocados in half, working around the pit. Separate the 2 halves.
- Remove pit and scoop out avocado flesh with a spoon. Wedge avocados and pile in the center of a large platter. Seed and wedge tomatoes and arrange around the avocados.
- Spread sliced onion over platter.
- Sprinkle platter with cilantro. Squeeze the juice of 2 limes evenly over vegetables. Season with coarse salt.
- Drizzle platter with oil and serve.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:2.5, Inflammation Score:-8, Nutrition Score:15.09304361758%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.77mg, Naringenin: 1.77mg, Naringenin: 1.77mg, Naringenin: 1.77mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 6.78mg, Quercetin: 6.78mg, Quercetin: 6.78mg, Quercetin: 6.78mg

Nutrients (% of daily need)

Calories: 324.5kcal (16.23%), Fat: 29.06g (44.71%), Saturated Fat: 4.11g (25.66%), Carbohydrates: 18.81g (6.27%), Net Carbohydrates: 9.65g (3.51%), Sugar: 5.73g (6.37%), Cholesterol: 0mg (0%), Sodium: 209.79mg (9.12%), Alcohol: 0g (100%), Protein: 3.39g (6.78%), Vitamin C: 34.48mg (41.79%), Fiber: 9.16g (36.63%), Vitamin K: 37.77µg (35.97%), Vitamin E: 4.68mg (31.21%), Folate: 107.56µg (26.89%), Potassium: 790.69mg (22.59%), Vitamin B6: 0.4mg (20.03%), Vitamin A: 945.83IU (18.92%), Vitamin B5: 1.59mg (15.92%), Copper: 0.29mg (14.55%), Manganese: 0.28mg (14.17%), Vitamin B3: 2.42mg (12.1%), Magnesium: 45.08mg (11.27%), Vitamin B2: 0.16mg (9.62%), Phosphorus: 91.7mg (9.17%), Vitamin B1: 0.13mg (8.57%), Iron: 1.19mg (6.63%), Zinc: 0.89mg (5.95%), Calcium: 41.01mg (4.1%), Selenium: 0.75µg (1.06%)