



Mixed Greens and Avocado Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



218 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 servings avocado peeled chopped
- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 teaspoon dijon mustard
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 6 cups salad greens mixed
- ☐ 1.5 tablespoons olive oil extra-virgin
- ☐ 0.1 teaspoon salt

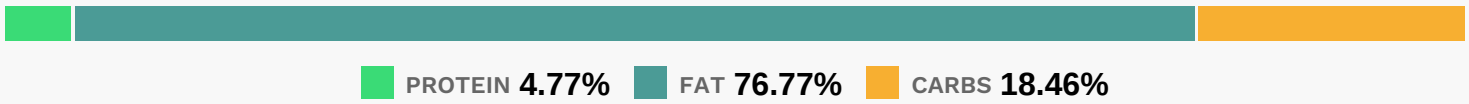
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine olive oil, lemon juice, Dijon mustard, black pepper, and salt in a large bowl, stirring well with a whisk.
- ☐ Add salad greens; toss to coat. Top with avocado.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:0.75, Inflammation Score:-7, Nutrition Score:11.721739074458%

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: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 217.53kcal (10.88%), Fat: 20.03g (30.81%), Saturated Fat: 2.87g (17.91%), Carbohydrates: 10.83g (3.61%), Net Carbohydrates: 4.06g (1.48%), Sugar: 0.76g (0.85%), Cholesterol: 0mg (0%), Sodium: 102.31mg (4.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.8g (5.61%), Vitamin C: 25.37mg (30.76%), Fiber: 6.77g (27.08%), Folate: 104.01µg (26%), Vitamin K: 24.37µg (23.21%), Vitamin E: 2.84mg (18.9%), Potassium: 594.73mg (16.99%), Vitamin A: 828.95IU (16.58%), Vitamin B6: 0.31mg (15.38%), Vitamin B5: 1.47mg (14.7%), Manganese: 0.25mg (12.47%), Copper: 0.22mg (11.14%), Vitamin B3: 2.08mg (10.39%), Vitamin B2: 0.16mg (9.48%), Magnesium: 36.34mg (9.09%), Phosphorus: 76.57mg (7.66%), Vitamin B1: 0.09mg (5.81%), Iron: 0.98mg (5.46%), Zinc: 0.77mg (5.16%), Calcium: 21.07mg (2.11%), Selenium: 0.86µg (1.23%)