



## Orange-and-Avocado Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



62 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 0.8 cup avocado peeled chopped
- ☐ 6 cups tightly torn curly leaf lettuce packed
- ☐ 1.5 cups orange sections fresh ( 3 large)
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon pepper sauce hot
- ☐ 0.5 teaspoon salt
- ☐ 1.5 teaspoons sugar
- ☐ 3 tablespoons water

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2 tablespoons citrus champagne vinegar

## Equipment

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bowl

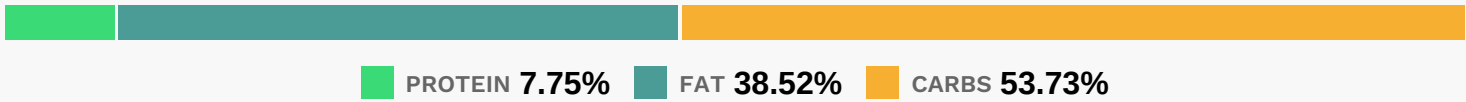
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whisk

## Directions

- ☐ Combine first 3 ingredients in a bowl, and toss gently to mix.
- ☐ Combine sugar and the next 5 ingredients in a small bowl; stir with a whisk until blended.
- ☐ Pour over salad; toss gently to coat.

## Nutrition Facts



## Properties

Glycemic Index:30.77, Glycemic Load:2.64, Inflammation Score:-9, Nutrition Score:9.4934785262398%

## Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Hesperetin: 12.26mg, Hesperetin: 12.26mg, Hesperetin: 12.26mg Naringenin: 6.89mg, Naringenin: 6.89mg, Naringenin: 6.89mg, Naringenin: 6.89mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

## Nutrients (% of daily need)

Calories: 61.58kcal (3.08%), Fat: 2.87g (4.42%), Saturated Fat: 0.41g (2.59%), Carbohydrates: 9.01g (3%), Net Carbohydrates: 6.18g (2.25%), Sugar: 5.61g (6.24%), Cholesterol: 0mg (0%), Sodium: 210.39mg (9.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.3g (2.6%), Vitamin A: 2795.15IU (55.9%), Vitamin K: 49.44µg (47.08%), Vitamin C: 29.28mg (35.49%), Fiber: 2.83g (11.3%), Folate: 42.39µg (10.6%), Manganese: 0.14mg (7.07%), Potassium: 245.59mg (7.02%), Vitamin B6: 0.11mg (5.4%), Vitamin B1: 0.08mg (5.14%), Vitamin B5: 0.42mg (4.23%), Vitamin B2: 0.07mg (4.21%), Magnesium: 15.05mg (3.76%), Vitamin E: 0.55mg (3.66%), Copper: 0.07mg (3.47%), Calcium: 34.25mg (3.42%), Vitamin B3: 0.59mg (2.95%), Iron: 0.49mg (2.73%), Phosphorus: 27.04mg (2.7%), Zinc: 0.22mg (1.47%)