



Orange-Avocado Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



274 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup vegetable oil
- 1 teaspoon orange zest grated
- 0.3 cup orange juice
- 2 tablespoons sugar
- 2 tablespoons juice of lemon
- 0.5 teaspoon ground mustard
- 0.3 teaspoon salt
- 1 serving the salad

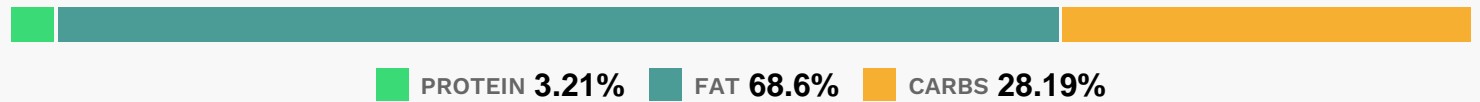
- 3 cranberry-orange relish peeled sliced
- 2 avocado pitted peeled sliced
- 6 slices onion red separated thin

Equipment

Directions

- In tightly covered container, shake all vinaigrette ingredients until well blended.
- On each of 6 salad plates, arrange salad greens. Top with oranges, avocados and onion.
- Serve with vinaigrette.

Nutrition Facts



Properties

Glycemic Index:38.6, Glycemic Load:6.74, Inflammation Score:-6, Nutrition Score:11.713478233503%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 19.81mg, Hesperetin: 19.81mg, Hesperetin: 19.81mg, Hesperetin: 19.81mg Naringenin: 10.32mg, Naringenin: 10.32mg, Naringenin: 10.32mg, Naringenin: 10.32mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

Nutrients (% of daily need)

Calories: 274.03kcal (13.7%), Fat: 22.16g (34.1%), Saturated Fat: 3.3g (20.62%), Carbohydrates: 20.5g (6.83%), Net Carbohydrates: 14.11g (5.13%), Sugar: 12.16g (13.51%), Cholesterol: 0mg (0%), Sodium: 104.1mg (4.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.33g (4.66%), Vitamin C: 51.7mg (62.66%), Vitamin K: 36.42µg (34.68%), Fiber: 6.39g (25.56%), Folate: 83.52µg (20.88%), Vitamin E: 2.52mg (16.79%), Potassium: 503.27mg (14.38%), Vitamin B6: 0.24mg (12.07%), Vitamin B5: 1.15mg (11.49%), Copper: 0.17mg (8.63%), Vitamin B1: 0.12mg (8.17%), Magnesium: 30.24mg (7.56%), Vitamin B2: 0.13mg (7.4%), Manganese: 0.15mg (7.3%), Vitamin B3: 1.46mg (7.3%), Vitamin A: 343.63IU (6.87%), Phosphorus: 54.28mg (5.43%), Calcium: 40.84mg (4.08%), Zinc: 0.53mg (3.54%), Iron:

0.55mg (3.07%), Selenium: 1.08µg (1.55%)