



Orange-Avocado Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



279 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 avocado pitted peeled sliced
- ☐ 0.5 teaspoon ground mustard
- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 cup orange juice
- ☐ 1 teaspoon orange zest grated
- ☐ 3 cranberry-orange relish peeled sliced
- ☐ 6 slices onion red separated thin
- ☐ 6 servings the salad

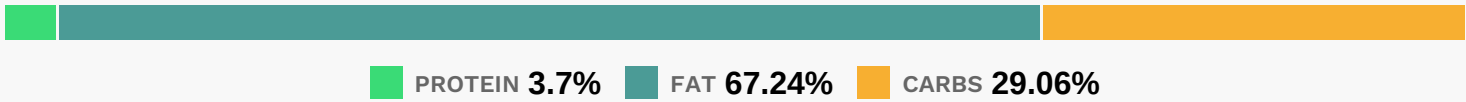
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 0.3 cup vegetable oil

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:-7, Nutrition Score:13.180869527485%

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: 279.37kcal (13.97%), Fat: 22.19g (34.13%), Saturated Fat: 3.3g (20.64%), Carbohydrates: 21.57g (7.19%), Net Carbohydrates: 15.18g (5.52%), Sugar: 12.16g (13.51%), Cholesterol: 0mg (0%), Sodium: 112.77mg (4.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.75g (5.5%), Vitamin C: 59.43mg (72.03%), Vitamin K: 36.42µg (34.68%), Fiber: 6.39g (25.56%), Folate: 95.85µg (23.96%), Vitamin E: 2.52mg (16.79%), Potassium: 560.6mg (16.02%), Vitamin A: 722.29IU (14.45%), Vitamin B6: 0.27mg (13.4%), Vitamin B5: 1.19mg (11.89%), Manganese: 0.19mg (9.75%), Copper: 0.19mg (9.47%), Vitamin B1: 0.13mg (8.84%), Magnesium: 33.91mg (8.48%), Vitamin B2: 0.14mg (8.38%), Vitamin B3: 1.64mg (8.22%), Phosphorus: 67.28mg (6.73%), Calcium: 45.18mg (4.52%), Iron:

0.76mg (4.24%), Zinc: 0.6mg (4.01%), Selenium: 1.22µg (1.74%)