



Orange-Avocado Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



92 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 small avocado peeled thinly sliced
- ☐ 2 teaspoons olive oil
- ☐ 2 tablespoons orange juice fresh
- ☐ 0.3 teaspoon orange rind grated
- ☐ 2 oranges peeled
- ☐ 0.1 teaspoon pepper
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.1 teaspoon salt

- ☐ 1 cup torn spinach fresh
- ☐ 2 cups torn watercress fresh

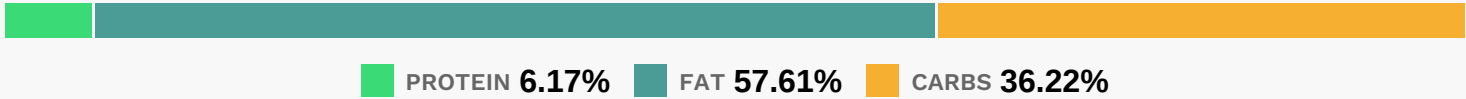
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 6 ingredients in a small bowl, stirring well with a whisk.
- ☐ Combine watercress and spinach.
- ☐ Pour orange juice mixture over greens; toss gently.
- ☐ Divide watercress mixture evenly among salad plates. Arrange orange sections and avocado slices evenly over each salad.
- ☐ carbo rating: 3

Nutrition Facts



Properties

Glycemic Index:38.42, Glycemic Load:2.35, Inflammation Score:-7, Nutrition Score:9.6726088161054%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 12.58mg, Hesperetin: 12.58mg, Hesperetin: 12.58mg, Hesperetin: 12.58mg Naringenin: 6.81mg, Naringenin: 6.81mg, Naringenin: 6.81mg, Naringenin: 6.81mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 2.99mg, Kaempferol: 2.99mg, Kaempferol: 2.99mg, Kaempferol: 2.99mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 91.99kcal (4.6%), Fat: 6.35g (9.78%), Saturated Fat: 0.91g (5.7%), Carbohydrates: 8.99g (3%), Net Carbohydrates: 5.5g (2%), Sugar: 4.82g (5.36%), Cholesterol: 0mg (0%), Sodium: 59.88mg (2.6%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 1.53g (3.06%), Vitamin K: 60.39µg (57.52%), Vitamin C: 35.83mg (43.43%), Vitamin A: 989.57IU (19.79%), Fiber: 3.49g (13.96%), Folate: 52.69µg (13.17%), Potassium: 320.85mg (9.17%), Vitamin E: 1.18mg (7.88%), Manganese: 0.14mg (6.98%), Vitamin B6: 0.14mg (6.96%), Vitamin B5: 0.62mg (6.25%), Magnesium: 21.33mg (5.33%), Vitamin B1: 0.08mg (5.32%), Copper: 0.1mg (5.11%), Vitamin B2: 0.09mg (5.05%), Calcium: 41.32mg (4.13%), Vitamin B3: 0.79mg (3.94%), Phosphorus: 34.23mg (3.42%), Iron: 0.43mg (2.4%), Zinc: 0.29mg (1.93%)