



## Outrageously Good Holiday Salad

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



361 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

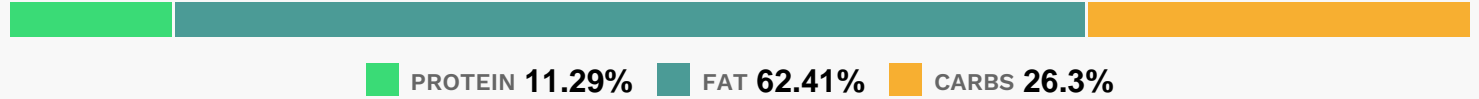
- 3 avocado pitted peeled sliced
- 8 ounce the salad
- 2 bunches spring onion thinly sliced
- 1 cup salad dressing (such as Marie's®)
- 4 ruby grapefruit red peeled
- 8 ounces swiss cheese shredded

## Equipment

# Directions

- Drain off excess juice from grapefruit sections; gently mix the grapefruit sections with the salad greens, green onions, avocados, and Swiss cheese. Toss with dressing just before serving.

# Nutrition Facts



## Properties

Glycemic Index:15.5, Glycemic Load:3.55, Inflammation Score:-9, Nutrition Score:18.894782605379%

## Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 40.15mg, Naringenin: 40.15mg, Naringenin: 40.15mg, Naringenin: 40.15mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

## Nutrients (% of daily need)

Calories: 360.63kcal (18.03%), Fat: 26.27g (40.42%), Saturated Fat: 7.66g (47.89%), Carbohydrates: 24.91g (8.3%), Net Carbohydrates: 17.73g (6.45%), Sugar: 12.28g (13.65%), Cholesterol: 26.37mg (8.79%), Sodium: 357.75mg (15.55%), Alcohol: 0g (100%), Protein: 10.69g (21.39%), Vitamin C: 53.74mg (65.13%), Vitamin A: 2152.29IU (43.05%), Vitamin K: 45.1µg (42.95%), Calcium: 300.24mg (30.02%), Fiber: 7.17g (28.7%), Phosphorus: 241.74mg (24.17%), Folate: 93.92µg (23.48%), Potassium: 641.74mg (18.34%), Vitamin E: 2.57mg (17.11%), Vitamin B6: 0.32mg (16.19%), Vitamin B5: 1.53mg (15.29%), Vitamin B12: 0.86µg (14.27%), Vitamin B2: 0.24mg (14.18%), Selenium: 9.69µg (13.85%), Zinc: 1.91mg (12.74%), Magnesium: 48.07mg (12.02%), Copper: 0.22mg (11.03%), Manganese: 0.2mg (9.79%), Vitamin B3: 1.81mg (9.03%), Vitamin B1: 0.12mg (8.28%), Iron: 0.89mg (4.96%)