



Papaya Avocado Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



13 min.

SERVINGS



4

CALORIES



317 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 avocados
- ☐ 1 tablespoon mint leaves fresh sliced thin
- ☐ 1 teaspoon ginger minced
- ☐ 3 limes
- ☐ 2 tablespoons olive oil
- ☐ 2 papayas soft
- ☐ 1 small onion red minced
- ☐ 4 servings salt and pepper

☐ 2 scallions white thin

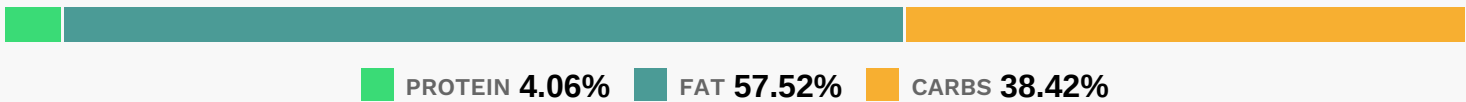
Equipment

☐ bowl

Directions

- ☐ Peel and pit the avocados and slice the flesh into 10 wedges. Peel and seed the papaya and slice the flesh into 12 wedges.
- ☐ Juice the limes into a non-reactive bowl, add red onion and ginger to bloom for 5 minutes.
- ☐ Add the remaining ingredients and gently toss. Season with salt and pepper, to taste.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:51.19, Glycemic Load:10.77, Inflammation Score:-9, Nutrition Score:19.905217295108%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 21.73mg, Hesperetin: 21.73mg, Hesperetin: 21.73mg, Hesperetin: 21.73mg Naringenin: 1.71mg, Naringenin: 1.71mg, Naringenin: 1.71mg, Naringenin: 1.71mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.42mg, Quercetin: 6.42mg, Quercetin: 6.42mg, Quercetin: 6.42mg

Nutrients (% of daily need)

Calories: 317.31kcal (15.87%), Fat: 22.32g (34.34%), Saturated Fat: 3.26g (20.36%), Carbohydrates: 33.55g (11.18%), Net Carbohydrates: 22.09g (8.03%), Sugar: 14.71g (16.35%), Cholesterol: 0mg (0%), Sodium: 216.64mg (9.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.54g (7.09%), Vitamin C: 120.83mg (146.46%), Fiber: 11.46g (45.83%), Vitamin K: 42.1µg (40.1%), Folate: 152.21µg (38.05%), Vitamin A: 1729.32IU (34.59%), Potassium: 881.33mg (25.18%), Vitamin E: 3.69mg (24.63%), Vitamin B6: 0.38mg (18.84%), Vitamin B5: 1.84mg (18.39%), Magnesium:

69.25mg (17.31%), Copper: 0.31mg (15.66%), Manganese: 0.27mg (13.45%), Vitamin B3: 2.48mg (12.4%), Vitamin B2: 0.2mg (11.62%), Vitamin B1: 0.13mg (8.96%), Phosphorus: 87.78mg (8.78%), Iron: 1.49mg (8.27%), Calcium: 73mg (7.3%), Zinc: 0.91mg (6.04%), Selenium: 1.69µg (2.42%)