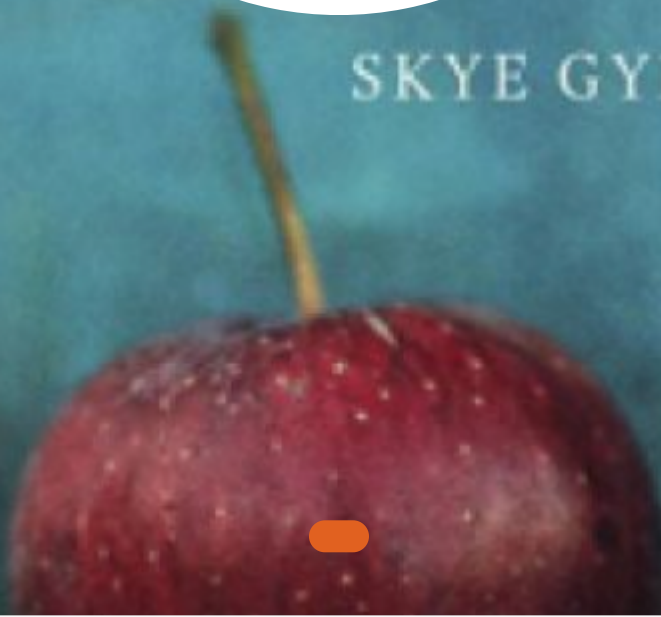




WHATSheATE

My **Ingredients**

SKYE GYNGELL



Pink Grapefruit, Avocado, and Watercress Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



393 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 avocado ripe
- ☐ 1 tablespoon dijon mustard
- ☐ 1 pink grapefruit
- ☐ 3 tablespoons hazelnut oil
- ☐ 16 hazelnuts shelled
- ☐ 40 ml mild-tasting olive oil extra-virgin
- ☐ 1 tablespoon parsley minced

- ☐ 8 slices pancetta
- ☐ 8 slices young romano wafer-thin
- ☐ 4 servings sea salt and pepper black freshly ground
- ☐ 2 tablespoons sherry vinegar
- ☐ 1 bunch watercress

Equipment

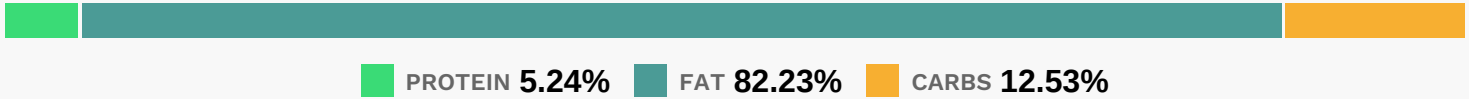
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ First make the dressing.
- ☐ Combine the mustard and sherry vinegar in a bowl and add a pinch each of salt and pepper.
- ☐ Whisk in the olive oil, followed by the hazelnut oil to emulsify, then set aside.
- ☐ Preheat the oven to 350°F (180°C).
- ☐ Place the nuts on a baking sheet and roast in the middle of the oven for 3 to 4 minutes to warm and release their flavor. Turn into a cloth and rub gently to remove the skins, then roughly chop the nuts.
- ☐ For the salad, wash the watercress and gently pat dry. Peel the grapefruit, removing all the pith, then cut out the segments over a large bowl to catch the juice as well as the segments. Halve, pit, and peel the avocado, then cut into slices, similar in size to the grapefruit.
- ☐ Add to the grapefruit with the watercress and toss gently with your fingers to mix.
- ☐ If the dressing has separated on standing, give it a whisk, then drizzle half of it over the salad and toss lightly, so you don't break up the avocado or grapefruit. Taste and adjust the seasoning.
- ☐ Arrange the salad on a plate, interleaving the prosciutto slices and romano if using, with the watercress, grapefruit, and avocado.
- ☐ Sprinkle with the minced parsley and drizzle over the remaining dressing. Finally, scatter over the hazelnuts and serve.

- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ add notes my notes
- ☐ edit my notes
- ☐ done

Nutrition Facts



Properties

Glycemic Index:58.75, Glycemic Load:1.95, Inflammation Score:-8, Nutrition Score:14.691304362339%

Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 20.89mg, Naringenin: 20.89mg, Naringenin: 20.89mg, Naringenin: 20.89mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 392.79kcal (19.64%), Fat: 37.24g (57.3%), Saturated Fat: 5.83g (36.45%), Carbohydrates: 12.77g (4.26%), Net Carbohydrates: 7.59g (2.76%), Sugar: 5.07g (5.64%), Cholesterol: 12.64mg (4.21%), Sodium: 178.61mg (7.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.34g (10.68%), Vitamin E: 8.25mg (55%), Vitamin K: 49.13µg (46.79%), Vitamin C: 29.42mg (35.66%), Manganese: 0.48mg (24.1%), Vitamin A: 1111.59IU (22.23%), Fiber: 5.18g (20.74%), Folate: 57.85µg (14.46%), Vitamin B6: 0.25mg (12.53%), Potassium: 437.73mg (12.51%), Copper: 0.23mg (11.54%), Vitamin B5: 1.05mg (10.5%), Vitamin B1: 0.16mg (10.39%), Phosphorus: 101.27mg (10.13%), Magnesium: 36.28mg (9.07%), Vitamin B3: 1.8mg (8.99%), Selenium: 5.24µg (7.49%), Vitamin B2: 0.12mg (7.23%), Calcium: 60.8mg (6.08%), Zinc: 0.79mg (5.26%), Iron: 0.9mg (5%), Vitamin B12: 0.1µg (1.71%)