



Summer Rainbow Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



149 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 avocados pitted cubed peeled
- ☐ 1 cup blueberries fresh
- ☐ 0.5 bunch cilantro leaves chopped
- ☐ 0.3 cup juice of lime fresh
- ☐ 2 mangos cubed peeled seeded
- ☐ 1 orange bell pepper chopped
- ☐ 0.5 cup pineapple juice
- ☐ 1 onion red chopped

☐ 3 vine-ripe tomatoes diced

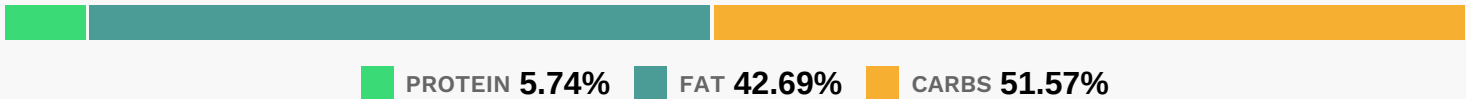
Equipment

☐ bowl

Directions

- ☐ Place the tomato, mango, avocado, bell pepper, blueberries, onion, and cilantro into a large bowl.
- ☐ Pour the lime juice and pineapple juice overtop. Stir gently until evenly combined.
- ☐ Serve immediately for the freshest taste.

Nutrition Facts



Properties

Glycemic Index:38.34, Glycemic Load:6.66, Inflammation Score:-8, Nutrition Score:12.743478026079%

Flavonoids

Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.56mg, Delphinidin: 6.56mg, Delphinidin: 6.56mg, Delphinidin: 6.56mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 1.87mg, Catechin: 1.87mg, Catechin: 1.87mg, Catechin: 1.87mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 4.82mg, Quercetin: 4.82mg, Quercetin: 4.82mg, Quercetin: 4.82mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 149.49kcal (7.47%), Fat: 7.82g (12.03%), Saturated Fat: 1.15g (7.2%), Carbohydrates: 21.26g (7.09%), Net Carbohydrates: 15.45g (5.62%), Sugar: 13.29g (14.77%), Cholesterol: 0mg (0%), Sodium: 8.35mg (0.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.73%), Vitamin C: 55.91mg (67.77%), Vitamin A: 1531.78IU (30.64%), Fiber: 5.81g (23.25%), Vitamin K: 22.36µg (21.3%), Folate: 84.16µg (21.04%), Manganese: 0.33mg (16.55%), Vitamin B6: 0.32mg (15.77%), Potassium: 536.3mg (15.32%), Vitamin E: 2.13mg (14.2%), Copper: 0.21mg (10.6%), Vitamin B5: 0.95mg (9.48%), Vitamin B3: 1.78mg (8.9%), Magnesium: 31.6mg (7.9%), Vitamin B2: 0.12mg (7.22%), Vitamin B1: 0.1mg (6.48%), Phosphorus: 57mg (5.7%), Iron: 0.69mg (3.83%), Zinc: 0.56mg (3.74%), Calcium: 24.96mg (2.5%)