



Tomato and Avocado Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



237 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 avocado pitted peeled sliced
- ☐ 0.5 cup balsamic vinegar
- ☐ 1 teaspoon dijon mustard
- ☐ 1 pinch ground pepper black
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 small tomatoes cut into 8 wedges

Equipment

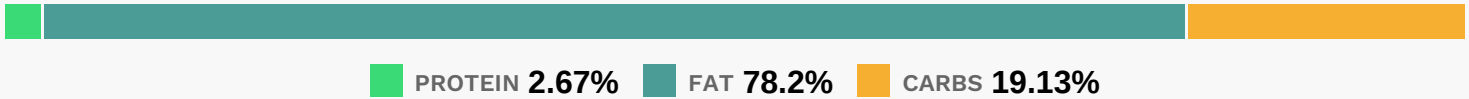
- ☐ bowl

whisk

Directions

- In a small bowl, whisk together the mustard, olive oil, balsamic vinegar and pepper. Arrange the slices of avocado and tomato alternately like the spokes of a wheel on one big serving plate, or individual plates.
- Drizzle lightly with the dressing, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:3.55, Inflammation Score:-5, Nutrition Score:7.3682608448941%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 236.81kcal (11.84%), Fat: 21.02g (32.34%), Saturated Fat: 2.95g (18.43%), Carbohydrates: 11.57g (3.86%), Net Carbohydrates: 7.59g (2.76%), Sugar: 6.31g (7.01%), Cholesterol: 0mg (0%), Sodium: 27.15mg (1.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.62g (3.23%), Vitamin E: 3.23mg (21.56%), Vitamin K: 22.33µg (21.27%), Fiber: 3.97g (15.89%), Vitamin C: 11.26mg (13.65%), Folate: 47.62µg (11.9%), Potassium: 389.59mg (11.13%), Vitamin A: 453.4IU (9.07%), Manganese: 0.17mg (8.67%), Vitamin B6: 0.17mg (8.32%), Vitamin B5: 0.74mg (7.43%), Copper: 0.13mg (6.59%), Magnesium: 24.05mg (6.01%), Vitamin B3: 1.15mg (5.76%), Phosphorus: 44.5mg (4.45%), Vitamin B2: 0.07mg (4.4%), Iron: 0.73mg (4.04%), Vitamin B1: 0.05mg (3.53%), Zinc: 0.43mg (2.88%), Calcium: 20.22mg (2.02%)