



Tomato-Avocado Salad with Lime-Toasted Cumin-Cilantro Vinaigrette

 Vegetarian  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



186 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup cilantro leaves chopped
- 6 servings cilantro leaves for garnish
- 1 tablespoon cumin seeds lightly toasted
- 2 large haas avocados pitted ripe peeled cut into 1-inch chunks
- 1 tablespoon honey
- 0.3 cup juice of lime fresh
- 0.5 cup canola/olive oil blend

- 1 large onion red halved thinly sliced
- 2 tablespoons rice wine vinegar
- 6 servings salt and pepper freshly ground
- 4 large tomatoes ripe cut into 1-inch pieces
- 3 coconuts halved drained
- 3 coconuts halved drained

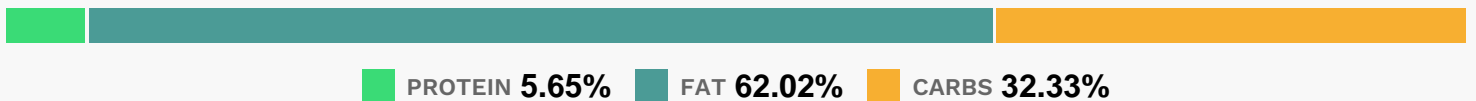
Equipment

- bowl
- whisk

Directions

- Combine tomatoes, onion, and dressing, to taste, and toss to combine.
- Add avocado and gently mix, being careful not to break up the avocado too much.
- Place 1 coconut 1/2 in 6 bowls. Spoon the salad among the coconuts.
- Garnish with cilantro leaves.
- Combine lime juice, vinegar, honey, cumin, cilantro, salt, and pepper in a bowl and whisk to combine. While whisking, slowly drizzle in the oil.
- Whisk until well-combined. Reseason with salt and pepper, if necessary.

Nutrition Facts



Properties

Glycemic Index:46.05, Glycemic Load:3.63, Inflammation Score:-8, Nutrition Score:12.071304380894%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg

Hesperetin: 0.9mg Naringenin: 0.86mg, Naringenin: 0.86mg, Naringenin: 0.86mg, Naringenin: 0.86mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg

Nutrients (% of daily need)

Calories: 186.24kcal (9.31%), Fat: 13.94g (21.45%), Saturated Fat: 1.98g (12.39%), Carbohydrates: 16.35g (5.45%), Net Carbohydrates: 9.92g (3.61%), Sugar: 7.49g (8.32%), Cholesterol: 0mg (0%), Sodium: 207.83mg (9.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.86g (5.71%), Vitamin C: 28.01mg (33.95%), Vitamin K: 28.39µg (27.04%), Fiber: 6.43g (25.72%), Vitamin A: 1178.37IU (23.57%), Folate: 77.61µg (19.4%), Potassium: 674.95mg (19.28%), Vitamin E: 2.64mg (17.59%), Manganese: 0.3mg (15.09%), Vitamin B6: 0.3mg (15.07%), Copper: 0.22mg (11.04%), Vitamin B5: 1.08mg (10.8%), Vitamin B3: 1.98mg (9.9%), Magnesium: 39.4mg (9.85%), Iron: 1.46mg (8.11%), Phosphorus: 76.4mg (7.64%), Vitamin B2: 0.12mg (7.2%), Vitamin B1: 0.11mg (7.17%), Zinc: 0.73mg (4.9%), Calcium: 36.31mg (3.63%)