



WHATSheATE



Tropical Papaya, Avocado and Pulpo Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



132 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 ounces baby arugula
- ☐ 0.3 cup squeezed lime juice fresh
- ☐ 2 tablespoon mint leaves chopped
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 4 servings salt and pepper as needed

Equipment

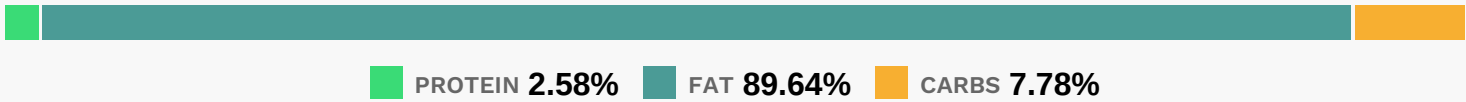
- ☐ bowl
- ☐ whisk

☐ mixing bowl

Directions

- ☐ Wash and drain the pulpo. Put lime juice, and generous pinch salt and pepper, in a medium bowl.
- ☐ Whisking, add olive oil in a slow and steady stream. Put arugula in a large mixing bowl; add 2 tablespoons of the dressing, and generous pinch salt and pepper; toss to combine. Divide the arugula among 4 serving plates. Reserve the large mixing bowl. In the large mixing bowl, combine pulpo, papaya, red onion, avocado, jicama and mint.
- ☐ Add the remaining dressing and gently toss to combine; season to taste with salt and pepper. Divide the pulpo mixture on top of the arugula.
- ☐ Sprinkle with pepper.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.19, Inflammation Score:-6, Nutrition Score:5.4056520624005%

Flavonoids

Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg Hesperetin: 1.61mg, Hesperetin: 1.61mg, Hesperetin: 1.61mg, Hesperetin: 1.61mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg Kaempferol: 9.89mg, Kaempferol: 9.89mg, Kaempferol: 9.89mg, Kaempferol: 9.89mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

Nutrients (% of daily need)

Calories: 131.96kcal (6.6%), Fat: 13.72g (21.11%), Saturated Fat: 1.89g (11.84%), Carbohydrates: 2.68g (0.89%), Net Carbohydrates: 1.97g (0.72%), Sugar: 0.84g (0.93%), Cholesterol: 0mg (0%), Sodium: 202.79mg (8.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.78%), Vitamin K: 39.12µg (37.26%), Vitamin A: 786.5IU (15.73%), Vitamin E: 2.1mg (13.99%), Vitamin C: 9.58mg (11.62%), Folate: 31.86µg (7.97%), Manganese: 0.12mg (6.18%), Calcium: 53.81mg (5.38%), Magnesium: 16.54mg (4.13%), Potassium: 136.71mg (3.91%), Iron: 0.63mg (3.51%), Fiber: 0.71g (2.86%), Vitamin B2: 0.03mg (1.96%), Phosphorus: 18.68mg (1.87%), Copper: 0.03mg (1.7%), Vitamin B5: 0.15mg (1.51%), Vitamin B6: 0.03mg (1.48%), Vitamin B1: 0.02mg (1.22%), Zinc: 0.17mg (1.16%)