



WHATSheATE



Warm avocado salad with spicy chorizo



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



601 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 tbsp olive oil
- ☐ 1 small ciabatta bread
- ☐ 160 g chorizo sliced
- ☐ 250 g cherry tomatoes halved
- ☐ 2 tbsp balsamic vinegar
- ☐ 1 pinch sugar
- ☐ 1 large avocado ripe halved sliced
- ☐ 150 g baby lettuce

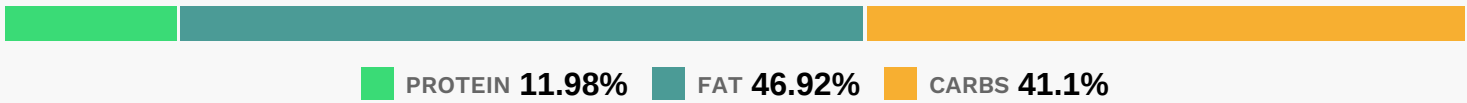
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat 2 tbsp of the oil in a large non-stick frying pan. Fry the ciabatta for 8-10 minutes, tossing occasionally, until starting to crisp and brown, then tip into a large salad bowl.
- ☐ Lay the chorizo in the pan and dry-fry for 2 minutes until it gives out a red oil. Toss in the tomatoes and cook over a high heat for 1-2 minutes until they start to soften.
- ☐ Drizzle over the vinegar, add the sugar and season well.
- ☐ MIX TOGETHER Gently toss the avocado, salad and remaining olive oil with the croutons. Spoon over the chorizo and tomatoes and drizzle with any pan juices.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:47.02, Glycemic Load:1.22, Inflammation Score:-9, Nutrition Score:13.911739069483%

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 Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

Nutrients (% of daily need)

Calories: 600.95kcal (30.05%), Fat: 31.58g (48.59%), Saturated Fat: 7.04g (44.01%), Carbohydrates: 62.24g (20.75%), Net Carbohydrates: 56.71g (20.62%), Sugar: 3.63g (4.03%), Cholesterol: 25mg (8.33%), Sodium: 574.67mg (24.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.14g (36.28%), Vitamin A: 3298.72IU (65.97%), Vitamin K: 67.98µg (64.74%), Vitamin C: 22.73mg (27.55%), Vitamin E: 3.49mg (23.26%), Fiber: 5.53g (22.12%), Folate: 63.08µg (15.77%), Potassium: 461.82mg (13.19%), Manganese: 0.24mg (12.06%), Iron: 1.93mg

(10.73%), Vitamin B6: 0.21mg (10.61%), Vitamin B5: 0.83mg (8.29%), Copper: 0.16mg (7.77%), Vitamin B3: 1.35mg (6.74%), Magnesium: 26.03mg (6.51%), Vitamin B2: 0.11mg (6.42%), Phosphorus: 56.03mg (5.6%), Vitamin B1: 0.08mg (5.49%), Zinc: 0.48mg (3.22%), Calcium: 28.71mg (2.87%), Selenium: 0.74µg (1.06%)