



Healthdor

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Orange, Fennel, and Avocado Salad

This refreshing salad combines the flavors of juicy oranges, crisp fennel, and creamy avocado. It's a perfect side dish for any meal or can be enjoyed on its own as a light and healthy lunch. The combination of citrus and creamy avocado creates a delicious contrast of flavors and textures.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

| | |
|-------|---------|
| 300 g | oranges |
| 200 g | Fennel |
| 200 g | Avocado |

Directions

Step 1

Cutting

Peel and segment the oranges.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Thinly slice the fennel.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Cutting

Cut the avocado into cubes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

In a large bowl, combine the oranges, fennel, and avocado.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Serving

Serve the salad chilled.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 100 kcal

Fat: 8 g

Protein: 2 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 2 g | 11.76% | 11.76% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 15 g | 27.27% | 30% |
| Fibers | 8 g | 21.05% | 32% |
| Sugars | 7 g | N/A | N/A |
| Lactose | 0 g | N/A | N/A |

Fats

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 5 g | N/A | N/A |
| Saturated Fat | 1 g | 4.55% | 5.88% |
| Fat | 8 g | 28.57% | 32% |
| Cholesterol | 0 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
|----------|-------|------------------------|--------------------------|

| | | | |
|-------------|-------|---------|---------|
| Vitamin A | 10 iu | 1.11% | 1.43% |
| Vitamin C | 70 mg | 77.78% | 93.33% |
| Vitamin B6 | 10 mg | 769.23% | 769.23% |
| Vitamin B12 | 0 mcg | 0% | 0% |
| Vitamin E | 8 mg | 53.33% | 53.33% |
| Vitamin D | 0 mcg | 0% | 0% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|-------|------------------------|--------------------------|
| Sodium | 5 mg | 0.22% | 0.22% |
| Calcium | 4 mg | 0.4% | 0.4% |
| Iron | 4 mg | 50% | 22.22% |
| Potassium | 10 mg | 0.29% | 0.38% |
| Zinc | 2 mg | 18.18% | 25% |
| Selenium | 0 mcg | 0% | 0% |

Recipe Attributes

Seasonality

Summer

Events

Thanksgiving

Cuisines

Italian

Course

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Oktoberfest

Easter

Diet

Pescatarian Diet

Vegetarian Diet

Vegan Diet

Ovo-Vegetarian Diet

Lacto-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

The Gerson Therapy

The Mayo Clinic Diet

The Beverly Hills Diet

The Rice Diet

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

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