

# Blood Orange and Avocado Salad

## Diabetes Friendly

Yields: 4 servings

### Ingredients:

- ¼ small onion, very thinly sliced
- 4 blood oranges, peeled and sliced, ¼-inch thick
- ½ head leaf lettuce or spinach
- 1 large or 2 small-to-medium ripe avocados, thinly sliced
- 2 tablespoons fresh lime juice
- Kosher salt
- ¼ cup fresh cilantro leaves
- 2 tablespoons extra-virgin olive oil

<b>Nutrition Facts</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>226</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 15g	<b>19%</b>
Saturated Fat 2.1g	<b>11%</b>
<i>Trans Fat</i> 0g	
Polyunsaturated Fat 1.8g	
Monounsaturated Fat 9.9g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 91mg	<b>4%</b>
<b>Total Carbohydrates</b> 25g	<b>9%</b>
Dietary Fiber 8.2g	<b>29%</b>
Sugars 13g	
<b>Protein</b> 3.3g	
Vitamin D 0mcg	<b>0%</b>
Calcium 95mg	<b>7%</b>
Iron 1.3mg	<b>7%</b>
Potassium 689.9mg	<b>15%</b>
<b>Caffeine</b> 0mg	

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

### Directions:

1. On a large serving plate, layer the orange and avocado slices, layered with the leaf lettuce.
2. Tuck the onion pieces in between and on top of the orange and avocado. Drizzle the salad with the lime juice and sprinkle generously with salt.
3. Sprinkle with cilantro leaves on top, then drizzle with olive oil. Serve.

<https://wexnermedical.osu.edu/diabetes-endocrinology/diabetes-education>

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