

Thai Salad

🕒 5 min 🍽️ 4 servings

165 Kcal / serving

3g Protein 13g Fat 9g Carbs

Ingredients

- Avocado, 2 avocado (316 g)
- Cucumber, 1/2 cup slices (52 g)
- Tomato, Fresh, 1 cup (142 g)
- Diced red onion, fresh, 5 onz (142 g)
- Lime juice, fresh, 100 grams (100 g)
- Sesame Oil, 1 tsp (5 g)
- Coriander (Cilantro) Leaves, 1/4 cup (4 g)
- Monk fruit sweetener, nunaturals, inc., 1 1/2 tsp (3.9 g)
- Sauce, fish, commercial, 1 tablespoon (15 g)



Instructions

1. Peel and dice the avocado.
2. Dice the cucumber.
3. Peel and thinly slice the red onion.
4. Halve the cherry tomatoes.
5. Place the avocado, cucumber, red onion and cherry tomatoes, in a bowl and mix together.
6. Prepare the Thai dressing by whisking together the fish sauce, lime juice, sesame oil and monk fruit sweetener.
7. Drizzle the dressing over the salad and season with salt and pepper.
8. Garnish with chopped coriander.

Comments

This recipe is keto, low carb, vegetarian, vegan, gluten free.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	660.4	84.7	165.1
Protein [g]	11.4	1.5	2.9
Fat [g]	51.8	6.6	13
Carbs [g]	36.8	4.7	9.2
Fiber [g]	25.4	3.3	6.4
Net Carbs [g]	11.4	1.5	2.9



Protein Fat Carbs

Micronutrient summary

	TOTAL	/100 G	/SERVING
Calcium, Ca [mg]	97	12.4	24.3
Iron, Fe [mg]	2.9	0.4	0.7
Magnesium, Mg [mg]	138.8	17.8	34.7
Phosphorus, P [mg]	221.6	28.4	55.4
Potassium, K [mg]	2249.3	288.4	562.3
Sodium, Na [mg]	1277	163.7	319.3
Zinc, Zn [mg]	2.6	0.3	0.7
Vitamin A, RAE [ug]	99.9	12.8	25
Vitamin E [mg]	7.5	1	1.9
Vitamin D [ug]	0	0	0
Vitamin C [mg]	91.6	11.7	22.9
Thiamin [mg]	0.3	0	0.1
Riboflavin [mg]	0.5	0.1	0.1
Niacin [mg]	6.8	0.9	1.7
Vitamin B6 [mg]	1	0.1	0.3
Vitamin B12 [ug]	0	0	0
Vitamin K [ug]	99.2	12.7	24.8