

Arugula & Grapefruit Salad

Yield: 2 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-grapefruit-salad-recipe>

Ingredients:

- 4 cups arugula fresh
- 1 grapefruit segmented
- 1/8 cup raw almonds slivered
- 1/2 avocado pitted & flesh scooped out
- 1 lemon
- 4 tablespoons extra virgin olive oil or water if you prefer
- salt /pepper to taste

Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 24 grams
3. Fat: 39 grams
4. Fiber: 9 grams
5. Protein: 6 grams
6. SaturatedFat: 5 grams
7. Sodium: 400 milligrams
8. Sugar: 11 grams

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