

**AVOCADO ICEBERG SALAD WITH WALNUTS** 3 portions**INGREDIENTS**

- 1 small head of lettuce, iceberg (includes crisphead types), raw [324 g]
- 200 grams of avocados, raw, California
- 1 tbsp [drained] of capers, canned [9 g]
- 50 grams of walnuts, kernel only, weighed with shells
- 2 tablespoons of oil, olive [22 g]
- 1 tsp or packet of mustard, prepared, yellow [5 g]
- 20 grams of lemon juice, fresh
- 7 grams of honey
- 1 small unit of onions, raw [70 g]

COOKING METHOD

- 1° 1. Slice all veggies and avocado, place them in bowl. 2. Mix lemon juice, mustard, olive oil and honey, season with black pepper, salt. 3. Pour salad dressing on veggies.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [236 g]	% DRI
ENERGY	110 kcal	260 kcal	13 %
FAT	10 g	23 g	35 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	15 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	44 mg	103 mg	4 %
CARBOHYDRATE	6 g	14 g	5 %
SUGARS	2 g	6 g	-
FIBER	3 g	6 g	26 %
PROTEIN	2 g	4 g	-