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## METABOLIC NUTRITION PROGRAM

### Grapefruit and Avocado Salad – 4 Servings

Adapted from Alice Waters at <http://www.foodandwine.com>

You can serve this refreshing salad as a first course or to revive the palate between the main course and dessert.

**Serving Size:** 1/2 an avocado and 1/2 a grapefruit  
Per Serving: 240 Calories, 2.3 gm Protein, 17 gm Fat,  
21g Carbohydrates

2 medium ruby grapefruit  
1 teaspoon white wine vinegar  
Salt  
Freshly ground black pepper  
1 tablespoons extra virgin olive oil  
2 medium Hass avocados, cut in half and pits removed

#### Directions

1. With a sharp knife, peel the grapefruit down to the flesh, removing all the rind and pith. Cut the sections free, slicing carefully along the partitioning membranes, and set them aside. Squeeze the juice from the membranes. Measure 2 tablespoons of the juice into a small bowl.
2. Stir the vinegar into the juice, and season with salt and pepper to taste. Whisk in the oil. Taste again and add more juice, vinegar or salt if needed.
3. Peel the avocado halves and cut them into 1/4-inch slices. Sprinkle lightly with salt. Arrange the grapefruit sections and avocado slices alternately on a plate, and spoon the vinaigrette over. Divide into 4 equal servings.

<b>Nutrition Facts</b>	
Serving Size (230g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 240</b>	Calories from Fat 160
% Daily Value*	
<b>Total Fat 17g</b>	<b>26%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 5mg</b>	<b>0%</b>
<b>Total Carbohydrate 21g</b>	<b>7%</b>
Dietary Fiber 7g	<b>28%</b>
Sugars 11g	
<b>Protein 2g</b>	
Vitamin A 35%	Vitamin C 110%
Calcium 4%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	