



Apple-Grapefruit Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



208 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

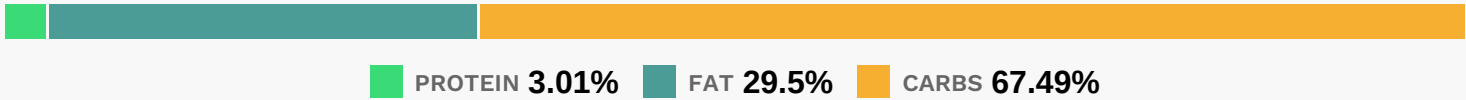
- ☐ 2 grapefruit peeled
- ☐ 3 tablespoons honey
- ☐ 3 tablespoons lemonade concentrate frozen thawed ()
- ☐ 0.5 cup pomegranate seeds
- ☐ 0.3 teaspoon poppy seeds
- ☐ 3 apple green red unpeeled sliced
- ☐ 6 servings the salad
- ☐ 3 tablespoons vegetable oil sour

Equipment

Directions

- ☐
- In tightly covered container, shake all dressing ingredients until well blended. Refrigerate until serving time.
- ☐
- Arrange salad greens on individual salad plates; top with apple slices, grapefruit sections and pomegranate seeds.
- ☐
- Serve with dressing.

Nutrition Facts



Properties

Glycemic Index:30.21, Glycemic Load:11.12, Inflammation Score:-8, Nutrition Score:8.3234783100045%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.24mg, Catechin: 1.24mg, Catechin: 1.24mg, Catechin: 1.24mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 6.86mg, Epicatechin: 6.86mg, Epicatechin: 6.86mg, Epicatechin: 6.86mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 27.85mg, Naringenin: 27.85mg, Naringenin: 27.85mg, Naringenin: 27.85mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 208.08kcal (10.4%), Fat: 7.37g (11.33%), Saturated Fat: 1.11g (6.93%), Carbohydrates: 37.91g (12.64%), Net Carbohydrates: 33.75g (12.27%), Sugar: 29.13g (32.37%), Cholesterol: 0mg (0%), Sodium: 12.69mg (0.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.69g (3.38%), Vitamin C: 42.51mg (51.52%), Vitamin A: 1484.87IU (29.7%), Fiber: 4.16g (16.65%), Vitamin K: 16.76µg (15.97%), Potassium: 325.31mg (9.29%), Folate: 34.65µg (8.66%), Manganese: 0.14mg (7.17%), Vitamin B6: 0.13mg (6.45%), Vitamin E: 0.92mg (6.15%), Vitamin B1: 0.08mg (5.06%), Copper: 0.1mg (5.01%), Magnesium: 19.43mg (4.86%), Vitamin B2: 0.08mg (4.79%), Phosphorus: 47.92mg (4.79%),

Vitamin B5: 0.39mg (3.95%), Calcium: 33.74mg (3.37%), Iron: 0.53mg (2.97%), Vitamin B3: 0.54mg (2.69%), Zinc: 0.26mg (1.76%)