



Apple-Grapefruit Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



203 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

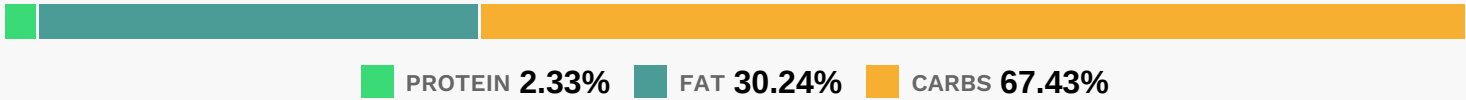
- ☐ 3 tablespoons lemonade concentrate frozen thawed ()
- ☐ 3 tablespoons honey
- ☐ 3 tablespoons vegetable oil sour
- ☐ 0.3 teaspoon poppy seeds
- ☐ 1 serving the salad
- ☐ 3 apple green red unpeeled sliced
- ☐ 2 grapefruit peeled
- ☐ 0.5 cup pomegranate seeds

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:-7, Nutrition Score:6.8578261473904%

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: 202.75kcal (10.14%), Fat: 7.34g (11.3%), Saturated Fat: 1.11g (6.91%), Carbohydrates: 36.84g (12.28%), Net Carbohydrates: 32.67g (11.88%), Sugar: 29.13g (32.37%), Cholesterol: 0mg (0%), Sodium: 4.02mg (0.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.28g (2.55%), Vitamin C: 34.77mg (42.15%), Vitamin A: 1106.21IU (22.12%), Fiber: 4.16g (16.65%), Vitamin K: 16.76µg (15.97%), Potassium: 267.97mg (7.66%), Vitamin E: 0.92mg (6.15%), Folate: 22.31µg (5.58%), Vitamin B6: 0.1mg (5.12%), Manganese: 0.09mg (4.72%), Vitamin B1: 0.07mg (4.39%), Copper: 0.08mg (4.18%), Magnesium: 15.76mg (3.94%), Vitamin B2: 0.06mg (3.81%), Vitamin B5: 0.35mg (3.55%),

Phosphorus: 34.92mg (3.49%), Calcium: 29.41mg (2.94%), Iron: 0.32mg (1.8%), Vitamin B3: 0.36mg (1.78%), Zinc: 0.19mg (1.29%)