



## Apricot and Cherry Salad with Lime-Poppy Seed Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



191 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 4 cups apricots sliced ( 12 medium)
- 3 cups cherries pitted halved
- 1 teaspoon mustard dry
- 3 tablespoons juice of lime fresh
- 1 tablespoon poppy seeds
- 1 teaspoon salt
- 0.3 cup sugar

- 6 cups watercress trimmed
- 2 tablespoons vegetable oil
- 3 tablespoons water

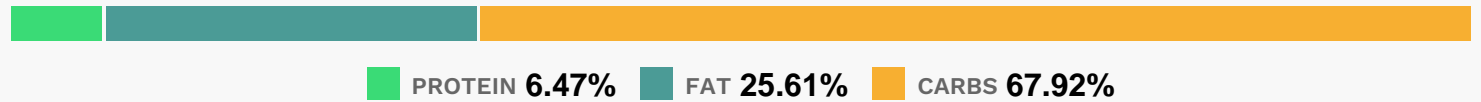
## Equipment

- blender

## Directions

- To prepare vinaigrette, place first 5 ingredients in a blender, and process until blended.
- Add oil and poppy seeds, and process until blended.
- To prepare salad, place 1 cup watercress on each of 6 plates. Top each serving with 2/3 cup apricot slices and 1/2 cup cherries.
- Drizzle 2 tablespoons vinaigrette over each salad.

## Nutrition Facts



## Properties

Glycemic Index:28.46, Glycemic Load:13.88, Inflammation Score:-9, Nutrition Score:14.420869744342%

## Flavonoids

Cyanidin: 20.84mg, Cyanidin: 20.84mg, Cyanidin: 20.84mg, Cyanidin: 20.84mg Pelargonidin: 0.19mg, Pelargonidin: 0.19mg, Pelargonidin: 0.19mg, Pelargonidin: 0.19mg Peonidin: 1.03mg, Peonidin: 1.03mg, Peonidin: 1.03mg, Peonidin: 1.03mg Catechin: 6.8mg, Catechin: 6.8mg, Catechin: 6.8mg, Catechin: 6.8mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 8.35mg, Epicatechin: 8.35mg, Epicatechin: 8.35mg, Epicatechin: 8.35mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 8.65mg, Kaempferol: 8.65mg, Kaempferol: 8.65mg, Kaempferol: 8.65mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 13.5mg, Quercetin: 13.5mg, Quercetin: 13.5mg, Quercetin: 13.5mg

## Nutrients (% of daily need)

Calories: 191.11kcal (9.56%), Fat: 5.89g (9.07%), Saturated Fat: 0.83g (5.19%), Carbohydrates: 35.16g (11.72%), Net Carbohydrates: 31.11g (11.31%), Sugar: 29.73g (33.03%), Cholesterol: 0mg (0%), Sodium: 403.62mg (17.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.35g (6.7%), Vitamin K: 98.26µg (93.58%), Vitamin A: 3123.15IU (62.46%), Vitamin C: 32.07mg (38.88%), Fiber: 4.05g (16.2%), Manganese: 0.32mg (16.12%), Potassium: 555.34mg (15.87%), Vitamin E: 1.74mg (11.59%), Copper: 0.18mg (8.95%), Calcium: 87.29mg (8.73%), Magnesium: 32.19mg (8.05%), Phosphorus: 75.52mg (7.55%), Vitamin B6: 0.14mg (7.07%), Vitamin B1: 0.1mg (6.51%), Vitamin B2: 0.11mg (6.5%), Vitamin B5: 0.51mg (5.07%), Iron: 0.91mg (5.07%), Folate: 17.64µg (4.41%), Vitamin B3: 0.83mg (4.17%), Zinc: 0.44mg (2.93%), Selenium: 1.38µg (1.97%)