



Apricot, Cucumber, Pluot, and Lime Basil Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



16 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 apricots pitted cut into thin wedges
- ☐ 1 teaspoon champagne vinegar
- ☐ 0.5 cucumber english thinly sliced
- ☐ 1 Dash kosher salt
- ☐ 3 tablespoons lime basil fresh thinly sliced
- ☐ 1 Dash pepper black freshly ground
- ☐ 2 pluots pitted cut into thin wedges

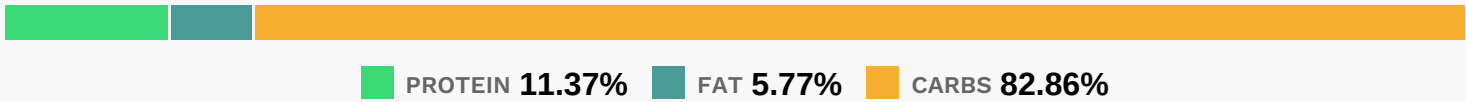
Equipment

☐ bowl

Directions

☐ Combine all ingredients in a medium bowl; toss to coat well.

Nutrition Facts



Properties

Glycemic Index:26.42, Glycemic Load:0.78, Inflammation Score:-3, Nutrition Score:1.8852173796167%

Flavonoids

Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg Hesperetin: 1.93mg, Hesperetin: 1.93mg, Hesperetin: 1.93mg, Hesperetin: 1.93mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 15.95kcal (0.8%), Fat: 0.12g (0.18%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 3.86g (1.29%), Net Carbohydrates: 3.18g (1.16%), Sugar: 2.36g (2.62%), Cholesterol: 0mg (0%), Sodium: 10.81mg (0.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.53g (1.06%), Vitamin A: 381.81IU (7.64%), Vitamin K: 6.8µg (6.47%), Vitamin C: 4.17mg (5.05%), Potassium: 105.86mg (3.02%), Fiber: 0.68g (2.7%), Manganese: 0.05mg (2.36%), Magnesium: 6.99mg (1.75%), Copper: 0.03mg (1.62%), Vitamin B5: 0.15mg (1.49%), Phosphorus: 13.97mg (1.4%), Vitamin B6: 0.03mg (1.32%), Vitamin B2: 0.02mg (1.2%), Vitamin E: 0.18mg (1.18%), Iron: 0.21mg (1.16%), Folate: 4.56µg (1.14%), Vitamin B1: 0.02mg (1.12%)