



California Fruit Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



222 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 firm-ripe avocados (1 lb. total)
- ☐ 2 pink grapefruit ()
- ☐ 4 oranges ()
- ☐ 1 lb firm-ripe papaya peeled seeded sliced
- ☐ 10 servings poppy seed dressing
- ☐ 2 cups grapes black red rinsed
- ☐ 1 leaf lettuce leaves rinsed red
- ☐ 10 servings salt and pepper

☐ 3 tablespoons slivered almonds

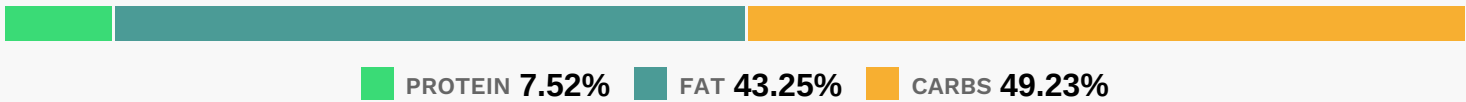
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a 6- to 8-inch frying pan over medium heat, stir or shake nuts until golden, 3 to 5 minutes.
- ☐ Pour from pan and let cool.
- ☐ Cut peel and white membrane from oranges and grapefruit. Over a bowl, cut between membranes to release fruit segments; put in bowl.
- ☐ Peel, pit, and slice the avocados; coat slices with some of the citrus juice from the bowl.
- ☐ Line a large platter with lettuce leaves. Arrange oranges, grapefruit, avocados, papaya, and grapes on leaves.
- ☐ Sprinkle with nuts. Moisten with a little of the poppy seed dressing, then spoon portions of salad onto plates and add more dressing and salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:24.02, Glycemic Load:8.84, Inflammation Score:-9, Nutrition Score:19.14782586305%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 14.46mg, Hesperetin: 14.46mg, Hesperetin: 14.46mg, Hesperetin: 14.46mg Naringenin: 24.75mg, Naringenin: 24.75mg, Naringenin: 24.75mg, Naringenin: 24.75mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 221.56kcal (11.08%), Fat: 11.62g (17.88%), Saturated Fat: 1.43g (8.95%), Carbohydrates: 29.76g (9.92%), Net Carbohydrates: 20.25g (7.36%), Sugar: 12.64g (14.04%), Cholesterol: 0mg (0%), Sodium: 203.1mg (8.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.54g (9.09%), Vitamin C: 75.6mg (91.64%), Manganese: 1.71mg (85.31%), Fiber: 9.52g (38.07%), Vitamin A: 1235.44IU (24.71%), Folate: 81.41µg (20.35%), Calcium: 201.27mg (20.13%), Magnesium: 77mg (19.25%), Copper: 0.37mg (18.53%), Potassium: 624.48mg (17.84%), Phosphorus: 146.11mg (14.61%), Vitamin E: 2.06mg (13.71%), Vitamin B1: 0.19mg (12.54%), Vitamin B6: 0.21mg (10.28%), Vitamin B5: 0.95mg (9.53%), Vitamin K: 9.62µg (9.16%), Iron: 1.54mg (8.57%), Vitamin B2: 0.14mg (8.51%), Zinc: 1.22mg (8.16%), Vitamin B3: 1.3mg (6.52%), Selenium: 2.09µg (2.98%)