



Carambola-Papaya Salad with Honey-Mint Dressing



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



83 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 ounces carambola star fruit
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 1 teaspoon honey
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.3 cup macadamia nuts lightly toasted coarsely chopped
- ☐ 1.3 cups papaya diced peeled
- ☐ 1.3 cups pineapple fresh cubed

☐ 1 tablespoon pineapple juice fresh

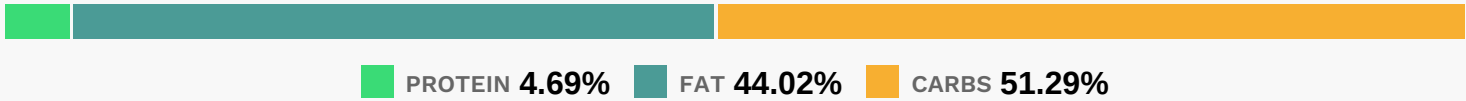
Equipment

☐ bowl

Directions

- ☐ Combine mint, pineapple juice, lime juice, and honey in a small bowl.
- ☐ Combine papaya, pineapple, and carambola in a large bowl.
- ☐ Drizzle honey mixture over fruit, and toss gently to coat.
- ☐ Sprinkle with macadamia nuts.
- ☐ Garnish with mint sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:43.61, Glycemic Load:4.93, Inflammation Score:-5, Nutrition Score:6.4704347511996%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 83.22kcal (4.16%), Fat: 4.44g (6.83%), Saturated Fat: 0.71g (4.42%), Carbohydrates: 11.63g (3.88%), Net Carbohydrates: 9.43g (3.43%), Sugar: 8.11g (9.01%), Cholesterol: 0mg (0%), Sodium: 3.83mg (0.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.13%), Vitamin C: 43.66mg (52.92%), Manganese: 0.59mg (29.67%), Fiber: 2.2g (8.81%), Vitamin B1: 0.11mg (7.11%), Vitamin A: 348.21IU (6.96%), Copper: 0.13mg (6.55%), Folate: 22.1µg (5.53%), Magnesium: 21.06mg (5.27%), Potassium: 154.04mg (4.4%), Vitamin B6: 0.07mg (3.69%), Vitamin B5: 0.27mg (2.72%), Vitamin B3: 0.52mg (2.62%), Iron: 0.45mg (2.53%), Vitamin B2: 0.04mg (2.07%), Phosphorus: 20.2mg (2.02%), Calcium: 18.53mg (1.85%), Zinc: 0.18mg (1.21%), Vitamin E: 0.17mg (1.11%)