



Chilled Tutti Frutti Poppy Seed Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



219 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 apricots
- ☐ 4 cups blackberries assorted
- ☐ 3 tablespoons grapeseed oil
- ☐ 1 mangos sliced
- ☐ 0.3 cup mint leaves thinly sliced
- ☐ 1 orange zest juiced
- ☐ 1 small pineapple
- ☐ 0.3 cup pomegranate seeds

- ☐ 2 teaspoons poppy seeds
- ☐ 2 teaspoons rice vinegar
- ☐ 0.3 teaspoon sea salt

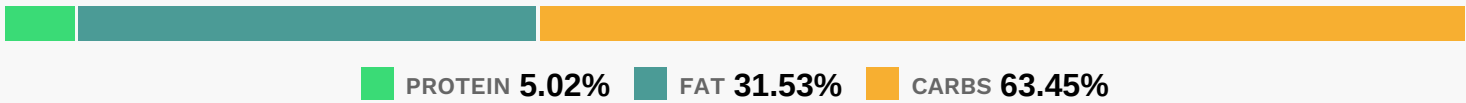
Equipment

- ☐ bowl
- ☐ plastic wrap

Directions

- ☐ In large bowl, combine 1/4 cup orange juice, zest, mint, oil, poppy seeds, vinegar, and salt.
- ☐ Add fruit and toss to combine.
- ☐ Cover with plastic wrap and refrigerate at least 1 hour.
- ☐ Serve very cold.

Nutrition Facts



Properties

Glycemic Index:58.85, Glycemic Load:14.9, Inflammation Score:-9, Nutrition Score:19.063478174417%

Flavonoids

Cyanidin: 95.99mg, Cyanidin: 95.99mg, Cyanidin: 95.99mg, Cyanidin: 95.99mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.44mg, Pelargonidin: 0.44mg, Pelargonidin: 0.44mg, Pelargonidin: 0.44mg Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg Catechin: 36.63mg, Catechin: 36.63mg, Catechin: 36.63mg, Catechin: 36.63mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 219.35kcal (10.97%), Fat: 8.35g (12.84%), Saturated Fat: 0.79g (4.95%), Carbohydrates: 37.79g (12.6%), Net Carbohydrates: 28.98g (10.54%), Sugar: 26.31g (29.24%), Cholesterol: 0mg (0%), Sodium: 100.96mg (4.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.99g (5.98%), Vitamin C: 110.01mg (133.34%), Manganese: 2.15mg (107.38%), Fiber: 8.82g (35.26%), Vitamin E: 3.65mg (24.32%), Vitamin K: 23.02µg (21.92%), Copper: 0.41mg (20.35%), Vitamin A: 978.96IU (19.58%), Folate: 73.19µg (18.3%), Vitamin B6: 0.26mg (12.93%), Potassium: 446.38mg (12.75%), Magnesium: 48.17mg (12.04%), Vitamin B1: 0.17mg (11.24%), Vitamin B3: 1.75mg (8.77%), Calcium: 75.76mg (7.58%), Iron: 1.36mg (7.58%), Vitamin B5: 0.73mg (7.27%), Vitamin B2: 0.1mg (6.02%), Zinc: 0.87mg (5.82%), Phosphorus: 53.72mg (5.37%), Selenium: 0.95µg (1.36%)