



Citrus and Kiwifruit Salad with Pomegranate Seeds and Pistachios



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



97 kcal

SIDE DISH

Ingredients



1 cup kiwifruit peeled sliced



2 cups oranges peeled sliced



2 tablespoons pistachios coarsely chopped



0.3 cup pomegranate seeds (1 pomegranate)



2 cups ruby grapefruit red peeled

Equipment

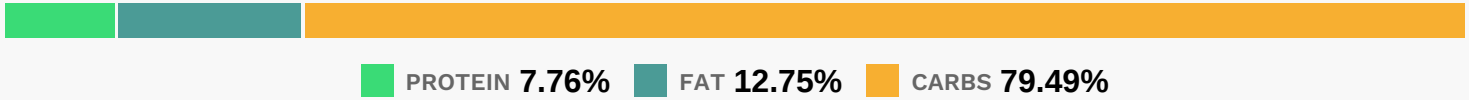


bowl

Directions

- ☐ Divide kiwifruit and oranges evenly among 6 serving bowls; top evenly with grapefruit and pomegranate seeds.
- ☐ Drizzle orange-flower water evenly over fruit, if desired.
- ☐ Sprinkle each serving with 1 teaspoon pistachios.

Nutrition Facts



Properties

Glycemic Index:34.19, Glycemic Load:6.6, Inflammation Score:0, Nutrition Score:9.8039131760597%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Hesperetin: 16.62mg, Hesperetin: 16.62mg, Hesperetin: 16.62mg, Hesperetin: 16.62mg Naringenin: 34.22mg, Naringenin: 34.22mg, Naringenin: 34.22mg, Naringenin: 34.22mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 97.23kcal (4.86%), Fat: 1.52g (2.34%), Saturated Fat: 0.18g (1.13%), Carbohydrates: 21.38g (7.13%), Net Carbohydrates: 17.3g (6.29%), Sugar: 14.67g (16.3%), Cholesterol: 0mg (0%), Sodium: 1.71mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.18%), Vitamin C: 78.71mg (95.41%), Vitamin A: 1052.71IU (21.05%), Fiber: 4.08g (16.33%), Vitamin K: 13.01µg (12.39%), Folate: 39.51µg (9.88%), Potassium: 312.26mg (8.92%), Vitamin B1: 0.12mg (7.96%), Vitamin B6: 0.14mg (7.11%), Copper: 0.13mg (6.72%), Calcium: 54.5mg (5.45%), Magnesium: 21.47mg (5.37%), Manganese: 0.1mg (4.95%), Phosphorus: 46.94mg (4.69%), Vitamin E: 0.69mg (4.6%), Vitamin B5: 0.44mg (4.44%), Vitamin B2: 0.06mg (3.69%), Vitamin B3: 0.49mg (2.44%), Iron: 0.31mg (1.73%), Zinc: 0.22mg (1.44%)