



Citrus Fruit with Cilantro



Vegetarian



Gluten Free



Dairy Free

READY IN



4 min.

SERVINGS



4

CALORIES



115 kcal

SIDE DISH

Ingredients



2 tablespoons cilantro leaves fresh chopped



24 ounce citrus fruit salad refrigerated drained



1 tablespoon honey



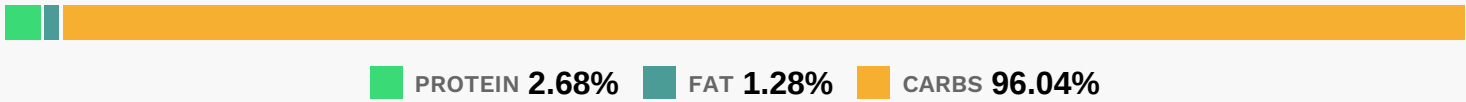
2 tablespoons juice of lime fresh (1 lime)

Equipment

Directions

Combine all ingredients, stirring gently.

Nutrition Facts



Properties

Glycemic Index:21.07, Glycemic Load:2.26, Inflammation Score:-4, Nutrition Score:3.1321738864417%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 114.84kcal (5.74%), Fat: 0.18g (0.27%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 29.88g (9.96%), Net Carbohydrates: 27.12g (9.86%), Sugar: 23.57g (26.19%), Cholesterol: 0mg (0%), Sodium: 8.96mg (0.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.83g (1.67%), Fiber: 2.77g (11.07%), Vitamin A: 530.94IU (10.62%), Vitamin K: 8.49µg (8.09%), Vitamin C: 6.07mg (7.36%), Copper: 0.13mg (6.6%), Potassium: 163.93mg (4.68%), Vitamin B3: 0.69mg (3.43%), Iron: 0.56mg (3.11%), Manganese: 0.05mg (2.62%), Vitamin B2: 0.04mg (2.6%), Magnesium: 9.26mg (2.32%), Phosphorus: 21.77mg (2.18%), Vitamin B6: 0.03mg (1.58%), Vitamin B1: 0.02mg (1.49%), Zinc: 0.17mg (1.14%), Folate: 4.38µg (1.1%)