



Citrus Salad with Creamy Poppy Seed Dressing

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



22 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup crème fraîche sour
- ☐ 0.5 cup flat-leaf parsley coarsely chopped
- ☐ 2 grapefruits red
- ☐ 2 tablespoons juice of lemon freshly squeezed
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 2 limes
- ☐ 2 tablespoons maple syrup pure

- ☐ 6 oranges
- ☐ 1 teaspoon poppy seeds
- ☐ 40 servings salt
- ☐ 1 large shallots very thinly sliced (large)

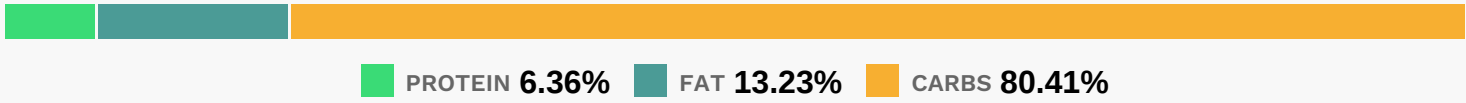
Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk

Directions

- ☐ Using a sharp knife, carefully peel the oranges, red grapefruits and limes, removing all of the bitter white pith. Working over a small bowl to catch the juices from the fruit, cut in between the membranes to release the sections.
- ☐ Cut the lime and grapefruit sections into thirds and leave the orange sections whole.
- ☐ Transfer all of the citrus to a serving bowl and add the sliced shallot and chopped parsley. Reserve the citrus juice for another use.
- ☐ In another small bowl, whisk the lemon zest with the lemon juice, crme frache, maple syrup and poppy seeds. Season the dressing lightly with salt.
- ☐ Pour the dressing over the fruit, toss the salad gently and serve right away.

Nutrition Facts



Properties

Glycemic Index:5.07, Glycemic Load:1.44, Inflammation Score:-3, Nutrition Score:2.5960869563986%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 6.95mg, Hesperetin: 6.95mg, Hesperetin: 6.95mg, Hesperetin: 6.95mg Naringenin: 7.31mg, Naringenin: 7.31mg, Naringenin: 7.31mg, Naringenin: 7.31mg Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg

0.04mg, Kaempferol: 0.04mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg
Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 22.47kcal (1.12%), Fat: 0.37g (0.56%), Saturated Fat: 0.16g (0.98%), Carbohydrates: 5.01g (1.67%), Net
Carbohydrates: 4.18g (1.52%), Sugar: 3.5g (3.89%), Cholesterol: 0.85mg (0.28%), Sodium: 194.92mg (8.47%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.4g (0.79%), Vitamin C: 16.84mg (20.41%), Vitamin K: 12.35µg
(11.76%), Vitamin A: 265.32IU (5.31%), Fiber: 0.84g (3.35%), Folate: 9.48µg (2.37%), Manganese: 0.04mg (1.99%),
Potassium: 67.98mg (1.94%), Vitamin B1: 0.03mg (1.76%), Calcium: 16.9mg (1.69%), Vitamin B2: 0.03mg (1.69%),
Vitamin B6: 0.02mg (1.2%), Magnesium: 4.5mg (1.12%), Vitamin B5: 0.1mg (1.01%)