



## Citrus Salad with Poppy Seed-Honey Dressing

 Vegetarian  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



113 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 tablespoons honey
- 1 teaspoon lemon zest grated
- 4 teaspoons juice of lemon
- 0.5 teaspoon poppy seeds
- 3 3 large clementines divided peeled
- 1 ruby grapefruit red divided peeled
- 1 slices kiwi fruit peeled sliced cut in half

### Equipment

bowl

## Directions

- In small bowl, mix honey, lemon peel, lemon juice and poppy seed.
- Remove membrane from clementine and grapefruit segments if desired.
- Cut each section into bite-size pieces.
- In small serving bowl, mix clementines, grapefruit, kiwifruit and honey mixture.

## Nutrition Facts

 **PROTEIN 4.91%**  **FAT 3.84%**  **CARBS 91.25%**

## Properties

Glycemic Index:51.23, Glycemic Load:12.53, Inflammation Score:-7, Nutrition Score:9.5008695540221%

## Flavonoids

Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.94mg, Hesperetin: 0.94mg, Hesperetin: 0.94mg, Hesperetin: 0.94mg Naringenin: 20.14mg, Naringenin: 20.14mg, Naringenin: 20.14mg, Naringenin: 20.14mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

## Nutrients (% of daily need)

Calories: 113.24kcal (5.66%), Fat: 0.54g (0.83%), Saturated Fat: 0.05g (0.28%), Carbohydrates: 28.73g (9.58%), Net Carbohydrates: 25.29g (9.2%), Sugar: 22.16g (24.62%), Cholesterol: 0mg (0%), Sodium: 3.4mg (0.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.55g (3.09%), Vitamin C: 82.52mg (100.03%), Vitamin K: 18.14µg (17.27%), Vitamin A: 746.95IU (14.94%), Fiber: 3.44g (13.76%), Folate: 34.6µg (8.65%), Potassium: 284.47mg (8.13%), Vitamin B1: 0.09mg (6.07%), Copper: 0.12mg (5.75%), Vitamin B6: 0.11mg (5.41%), Calcium: 52.92mg (5.29%), Vitamin E: 0.79mg (5.28%), Manganese: 0.1mg (5.23%), Magnesium: 20.17mg (5.04%), Phosphorus: 42.17mg (4.22%), Vitamin B5: 0.34mg (3.44%), Vitamin B3: 0.67mg (3.34%), Vitamin B2: 0.05mg (3.09%), Iron: 0.32mg (1.8%), Zinc: 0.2mg (1.31%)