



Crunchy Coconut-Berry Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



143 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 cups poached berries mixed fresh sliced (blackberries, blueberries, raspberries, and/or strawberries)
- 2 tablespoons honey
- 1 cup jicama diced peeled
- 0.3 cup juice of lime fresh
- 3 tablespoons lightly mint leaves fresh packed
- 0.8 cup coconut or dried unsweetened sliced (see notes)

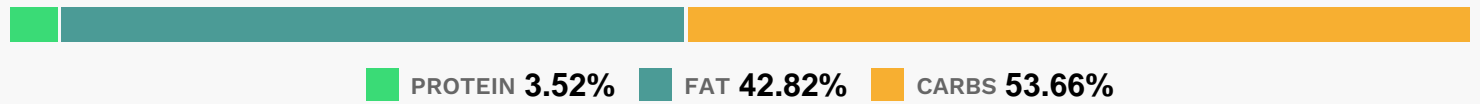
Equipment

- bowl
- frying pan
- whisk

Directions

- In a 6- to 8-inch pan, stir coconut often over medium-high heat until lightly browned, 2 to 3 minutes.
- Pour from pan and set aside.
- In a large bowl, whisk together lime juice and honey.
- Add berries and jicama. Tear mint leaves into small pieces and scatter over salad.
- Add coconut and mix gently.

Nutrition Facts



Properties

Glycemic Index:11.21, Glycemic Load:3.14, Inflammation Score:-3, Nutrition Score:5.4673913043478%

Flavonoids

Cyanidin: 3.38mg, Cyanidin: 3.38mg, Cyanidin: 3.38mg, Cyanidin: 3.38mg Petunidin: 14.07mg, Petunidin: 14.07mg, Petunidin: 14.07mg, Petunidin: 14.07mg Delphinidin: 16.73mg, Delphinidin: 16.73mg, Delphinidin: 16.73mg, Delphinidin: 16.73mg Malvidin: 38.48mg, Malvidin: 38.48mg, Malvidin: 38.48mg, Malvidin: 38.48mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 1.16mg, Hesperetin: 1.16mg, Hesperetin: 1.16mg, Hesperetin: 1.16mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 1.71mg, Luteolin: 1.71mg, Luteolin: 1.71mg, Luteolin: 1.71mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 1.36mg, Myricetin: 1.36mg, Myricetin: 1.36mg, Myricetin: 1.36mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 143.43kcal (7.17%), Fat: 7.4g (11.39%), Saturated Fat: 6.13g (38.32%), Carbohydrates: 20.87g (6.96%), Net Carbohydrates: 15.73g (5.72%), Sugar: 13.64g (15.15%), Cholesterol: 0mg (0%), Sodium: 6.83mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.37g (2.74%), Manganese: 0.46mg (22.77%), Fiber: 5.14g (20.56%), Vitamin C: 10.33mg (12.52%), Vitamin K: 12.87µg (12.25%), Copper: 0.13mg (6.7%), Vitamin B6: 0.1mg (4.77%), Magnesium:

18.98mg (4.75%), Potassium: 161.71mg (4.62%), Iron: 0.79mg (4.38%), Phosphorus: 37.83mg (3.78%), Vitamin E: 0.54mg (3.6%), Vitamin B2: 0.06mg (3.32%), Folate: 12.98µg (3.24%), Selenium: 2.26µg (3.23%), Vitamin A: 151.44IU (3.03%), Vitamin B3: 0.58mg (2.88%), Vitamin B1: 0.04mg (2.67%), Vitamin B5: 0.24mg (2.37%), Zinc: 0.35mg (2.36%), Calcium: 19.47mg (1.95%)