



Dragon Fruit Salad with Ginger & Mint



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



4

CALORIES



11 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon ginger fresh finely minced peeled
- ☐ 2 limes juiced for garnish
- ☐ 1 tablespoon mint leaves minced

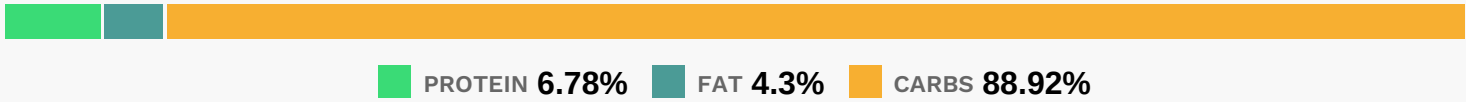
Equipment

- ☐ bowl
- ☐ knife

Directions

- ☐ Cut the fruit in half length wise. Then, as you would an avocado use a small knife slice the flesh of the fruit from top to bottom and from side to side creating a ½ inch grid pattern. Take care to slice all the way through the flesh but not through the skins. Then use a large soup spoon or serving spoon to scoop out the diced fruit into a medium bowl. Repeat with all the halves. Retaining the hollowed out skins.Toss the fruit chunks with the minced mint, ginger and juice from 2 limes.Return the salad to the hollowed out skins to serve as individual bowls of salad.
- ☐ Garnish with additional lime wedges on the side.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.83, Inflammation Score:-1, Nutrition Score:1.3608695825805%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 14.53mg, Hesperetin: 14.53mg, Hesperetin: 14.53mg, Hesperetin: 14.53mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 11.13kcal (0.56%), Fat: 0.08g (0.12%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 3.75g (1.25%), Net Carbohydrates: 2.7g (0.98%), Sugar: 0.57g (0.63%), Cholesterol: 0mg (0%), Sodium: 1.09mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.29g (0.57%), Vitamin C: 10.16mg (12.31%), Fiber: 1.04g (4.17%), Iron: 0.27mg (1.48%), Calcium: 14.13mg (1.41%), Vitamin A: 69.85IU (1.4%), Copper: 0.03mg (1.32%), Potassium: 42.32mg (1.21%), Folate: 4.13µg (1.03%)