



Fall Fruit Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



171 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 cups frisée rinsed
- 4 firm-ripe fuyu persimmons ()
- 4 ruby grapefruit (1 lb. each)
- 0.3 cup honey
- 6 tablespoons juice of lime
- 2 asian pears ()
- 2 to 4 tablespoons pine nuts
- 1.5 cups pomegranate seeds

- 6 tablespoons rice vinegar
- 12 servings salt

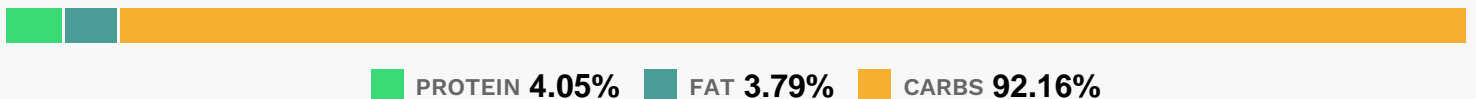
Equipment

- bowl
- frying pan
- knife

Directions

- Cook pine nuts in a 6- to 8-inch frying pan over medium heat, shaking pan often to stir nuts until pale gold, 2 to 3 minutes.
- Pour from pan.
- With a knife, cut peel and membrane from grapefruit. Holding fruit over a bowl, cut between segments and inner membrane to release fruit into bowl. Squeeze juice from membrane into bowl; discard membrane.
- Rinse Fuyu persimmons, trim off and discard stem ends, then slice fruit crosswise into thin rounds.
- Rinse Asian pears and discard stems.
- Cut fruit crosswise into thin rounds through center seeds. Coat pear slices with grapefruit juice.
- In a small bowl, mix 6 tablespoons grapefruit juice (reserve remainder for other uses) with lime juice, rice vinegar, and honey.
- Line a salad bowl or salad plates with frisee. Arrange Fuyu persimmons, Asian pears, and grapefruit on frisee.
- Sprinkle with pomegranate seeds and pine nuts, then moisten with the grapefruit-lime dressing.
- Add salt to taste.

Nutrition Facts



Properties

Glycemic Index:23.42, Glycemic Load:17.7, Inflammation Score:-9, Nutrition Score:12.387826007345%

Flavonoids

Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.97mg, Hesperetin: 0.97mg, Hesperetin: 0.97mg, Hesperetin: 0.97mg Naringenin: 27.88mg, Naringenin: 27.88mg, Naringenin: 27.88mg, Naringenin: 27.88mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 170.63kcal (8.53%), Fat: 0.79g (1.22%), Saturated Fat: 0.07g (0.44%), Carbohydrates: 43.49g (14.5%), Net Carbohydrates: 39.67g (14.43%), Sugar: 17.63g (19.59%), Cholesterol: 0mg (0%), Sodium: 203.36mg (8.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.83%), Vitamin C: 73.24mg (88.77%), Vitamin K: 54.4µg (51.81%), Vitamin A: 1945.38IU (38.91%), Fiber: 3.82g (15.29%), Potassium: 455.24mg (13.01%), Folate: 40.24µg (10.06%), Iron: 1.78mg (9.9%), Manganese: 0.16mg (7.77%), Copper: 0.14mg (7.03%), Calcium: 57.38mg (5.74%), Vitamin B5: 0.52mg (5.23%), Phosphorus: 51.3mg (5.13%), Magnesium: 18.46mg (4.62%), Vitamin B6: 0.09mg (4.57%), Vitamin E: 0.68mg (4.52%), Vitamin B1: 0.07mg (4.43%), Vitamin B2: 0.07mg (3.88%), Vitamin B3: 0.39mg (1.96%), Zinc: 0.26mg (1.76%)