



Honey-Lime Fruit Salad (Crowd Size)

 Vegetarian  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



12

CALORIES



213 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 12 cups fruit fresh (cantaloupe, kiwifruit, pink grapefruit)
- 0.5 cup honey
- 0.5 cup limeade concentrate frozen thawed ()
- 1 tablespoon poppy seeds
- 0.5 cup slivered almonds toasted

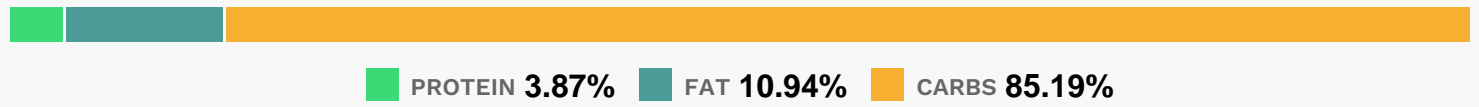
Equipment

- bowl

Directions

- Mix honey, limeade concentrate and poppy seed in medium bowl.
- Carefully toss fruit with honey mixture.
- Sprinkle with almonds.

Nutrition Facts



Properties

Glycemic Index:5.61, Glycemic Load:6.11, Inflammation Score:-5, Nutrition Score:5.8573913289153%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 213.37kcal (10.67%), Fat: 2.79g (4.3%), Saturated Fat: 0.23g (1.43%), Carbohydrates: 48.96g (16.32%), Net Carbohydrates: 44.43g (16.16%), Sugar: 39.84g (44.27%), Cholesterol: 0mg (0%), Sodium: 12.96mg (0.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.22g (4.44%), Fiber: 4.53g (18.12%), Vitamin A: 715.78IU (14.32%), Copper: 0.24mg (12.15%), Manganese: 0.23mg (11.43%), Vitamin K: 10.9µg (10.38%), Vitamin E: 1.17mg (7.77%), Potassium: 257.68mg (7.36%), Vitamin C: 5.61mg (6.8%), Magnesium: 27.09mg (6.77%), Vitamin B2: 0.11mg (6.74%), Iron: 1.03mg (5.75%), Phosphorus: 57.28mg (5.73%), Vitamin B3: 1.12mg (5.58%), Calcium: 35.79mg (3.58%), Zinc: 0.45mg (2.97%), Vitamin B1: 0.04mg (2.95%), Vitamin B6: 0.05mg (2.49%), Folate: 7.72µg (1.93%), Vitamin B5: 0.13mg (1.32%)