



## Fresh Fruit Salad with Celery-Poppy Seed Dressing

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



161 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 teaspoon celery seed
- 1 teaspoon mustard dry
- 8 cups fruit assorted (melon cubes, strawberry halves, pineapple chunks)
- 0.3 cup honey
- 1 tablespoon juice of lemon fresh
- 1 teaspoon paprika
- 0.3 teaspoon salt

- 0.7 cup sugar
- 1 cup vegetable oil chilled
- 5 tablespoons vinegar white

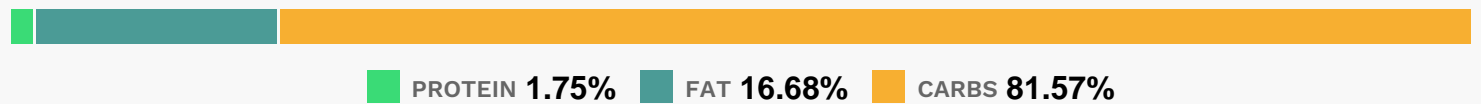
## Equipment

- blender

## Directions

- Process first 8 ingredients in a blender until smooth, stopping to scrape down sides. With blender running, add oil in a slow, steady stream. Chill 8 hours, if desired.
- Serve with assorted fruit.

## Nutrition Facts



## Properties

Glycemic Index:12.49, Glycemic Load:9.45, Inflammation Score:-2, Nutrition Score:3.4452173807051%

## Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg

## Nutrients (% of daily need)

Calories: 161.28kcal (8.06%), Fat: 3.18g (4.89%), Saturated Fat: 0.46g (2.89%), Carbohydrates: 34.93g (11.64%), Net Carbohydrates: 33.19g (12.07%), Sugar: 33.1g (36.78%), Cholesterol: 0mg (0%), Sodium: 40.85mg (1.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.75g (1.49%), Vitamin C: 12.32mg (14.93%), Vitamin B1: 0.13mg (8.73%), Copper: 0.14mg (7.12%), Fiber: 1.74g (6.95%), Vitamin K: 6.34µg (6.04%), Magnesium: 20.51mg (5.13%), Vitamin B6: 0.1mg (5.07%), Potassium: 167.59mg (4.79%), Iron: 0.49mg (2.74%), Vitamin A: 128.93IU (2.58%), Calcium: 24.15mg (2.41%), Vitamin E: 0.31mg (2.08%), Vitamin B2: 0.03mg (1.97%), Vitamin B3: 0.39mg (1.96%), Folate: 6.95µg (1.74%), Selenium: 0.95µg (1.35%), Manganese: 0.03mg (1.25%), Phosphorus: 11.68mg (1.17%), Zinc: 0.17mg (1.12%)