



Fresh Fruit Salad With Citrus-Cilantro Dressing

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



125 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 tablespoons cilantro leaves fresh finely chopped
- 2 cups grapefruit (2 large)
- 1 cup grapes green seedless
- 2 cups seasoning cubes
- 2 tablespoons honey
- 0.3 cup juice of lime fresh
- 0.3 cup orange juice

- 1 cup orange sections (2)
- 1.3 cups strawberries sliced

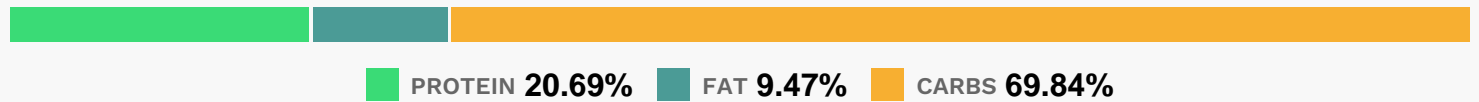
Equipment

- bowl

Directions

- Combine first 5 ingredients in a large bowl; set aside.
- Combine orange juice and remaining ingredients.
- Pour mixture over fruit; toss gently. Cover and chill 1 hour.

Nutrition Facts



Properties

Glycemic Index:41.4, Glycemic Load:8.06, Inflammation Score:-7, Nutrition Score:7.2713044596755%

Flavonoids

Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 6.82mg, Pelargonidin: 6.82mg, Pelargonidin: 6.82mg, Pelargonidin: 6.82mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 9.68mg, Hesperetin: 9.68mg, Hesperetin: 9.68mg, Hesperetin: 9.68mg Naringenin: 25.76mg, Naringenin: 25.76mg, Naringenin: 25.76mg, Naringenin: 25.76mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 124.72kcal (6.24%), Fat: 1.43g (2.21%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 23.81g (7.94%), Net Carbohydrates: 21.31g (7.75%), Sugar: 18.31g (20.35%), Cholesterol: 17.45mg (5.82%), Sodium: 425.96mg (18.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.05g (14.11%), Vitamin C: 60.44mg (73.26%), Vitamin A: 872.05IU (17.44%), Fiber: 2.5g (9.99%), Manganese: 0.15mg (7.57%), Potassium: 259.54mg (7.42%), Folate: 28.19µg (7.05%), Vitamin B1: 0.09mg (5.71%), Vitamin B6: 0.09mg (4.62%), Copper: 0.08mg (4.2%), Vitamin K: 4.37µg (4.16%), Magnesium: 15.95mg (3.99%), Vitamin B2: 0.06mg (3.51%), Calcium: 34.68mg (3.47%), Vitamin B5: 0.32mg (3.23%), Phosphorus: 30.27mg (3.03%), Iron: 0.54mg (3%), Vitamin B3: 0.43mg (2.13%), Vitamin E: 0.29mg (1.91%)