



## Fresh Fruit Salad with Honey Ginger Lime Dressing

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



52 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 cup blueberries
- 0.3 teaspoon ginger fresh minced peeled
- 1 cup grapes green seedless halved
- 1.5 tablespoons honey
- 1 tablespoon juice of lime fresh
- 2 cups peaches peeled sliced ( 2)

### Equipment

bowl

whisk

## Directions

Combine first 3 ingredients in a small bowl; stir with a whisk.

Combine peaches, blueberries, and grapes in a bowl.

Drizzle juice mixture over fruit mixture; toss gently to coat. Chill at least 1 hour.

## Nutrition Facts

 **PROTEIN 4.44%**  **FAT 3.06%**  **CARBS 92.5%**

## Properties

Glycemic Index:24.19, Glycemic Load:5.41, Inflammation Score:-2, Nutrition Score:2.2530434857244%

## Flavonoids

Cyanidin: 2.3mg, Cyanidin: 2.3mg, Cyanidin: 2.3mg, Cyanidin: 2.3mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 2.87mg, Catechin: 2.87mg, Catechin: 2.87mg, Catechin: 2.87mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 1.02mg, Epicatechin: 1.02mg, Epicatechin: 1.02mg, Epicatechin: 1.02mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## Nutrients (% of daily need)

Calories: 52.23kcal (2.61%), Fat: 0.2g (0.3%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 13.4g (4.47%), Net Carbohydrates: 12.19g (4.43%), Sugar: 11.26g (12.52%), Cholesterol: 0mg (0%), Sodium: 5.77mg (0.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.64g (1.29%), Vitamin K: 7.49µg (7.14%), Vitamin C: 4.56mg (5.53%), Manganese: 0.1mg (5.13%), Fiber: 1.21g (4.83%), Copper: 0.07mg (3.33%), Vitamin A: 148.9IU (2.98%), Potassium: 101.77mg (2.91%), Vitamin E: 0.43mg (2.84%), Vitamin B3: 0.43mg (2.16%), Vitamin B2: 0.03mg (2.03%), Vitamin B1: 0.03mg (1.97%), Vitamin B6: 0.04mg (1.86%), Iron: 0.27mg (1.5%), Phosphorus: 14.91mg (1.49%), Magnesium: 5.77mg (1.44%), Selenium: 0.88µg (1.26%), Folate: 4.07µg (1.02%)