



Fresh Fruit Salad with Poppy Seed Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



10

CALORIES



222 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1 pint blueberries fresh



0.5 cantaloupe cut into 2-inch cubes



1 teaspoon dijon mustard



10 servings mint leaves fresh for garnish, optional



0.5 honeydew cut into 2-inch cubes



0.5 cup juice of lemon fresh



1 pineapple cored peeled cut into 2-inch cubes



1 tablespoon poppy seeds

- ☐ 0.5 teaspoon salt
- ☐ 2 pints strawberries hulled quartered
- ☐ 0.5 cup sugar
- ☐ 1 cup vegetable oil
- ☐ 0.3 cup citrus champagne vinegar

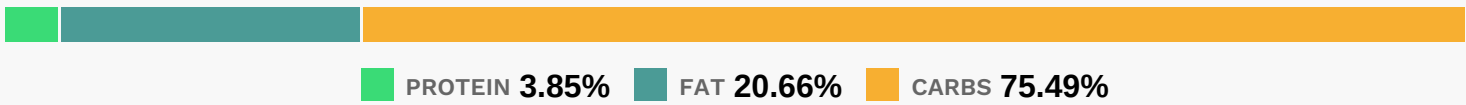
Equipment

- ☐ bowl
- ☐ whisk
- ☐ canning jar

Directions

- ☐ In a large serving bowl, combine the fruit.
- ☐ In a mason jar, mix together thevegetable oil,lemon juice, white wine vinegar, sugar,poppy seeds,Dijon mustard andsalt.
- ☐ Put the lid on the jar and shake until mixed together. Store the dressing in an airtight container in the refrigerator for up to 1 week. Before serving, let the dressing stand to room temperature; whisk until blended.
- ☐ Drizzle desired amount of dressing over the fruit, and gently toss to coat.
- ☐ Garnish with fresh mint if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:31.33, Glycemic Load:19.01, Inflammation Score:-8, Nutrition Score:15.740434885025%

Flavonoids

Cyanidin: 5.59mg, Cyanidin: 5.59mg, Cyanidin: 5.59mg, Cyanidin: 5.59mg Petunidin: 15.02mg, Petunidin: 15.02mg, Petunidin: 15.02mg, Petunidin: 15.02mg Delphinidin: 17.06mg, Delphinidin: 17.06mg, Delphinidin: 17.06mg,

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Nutrients (% of daily need)

Calories: 221.52kcal (11.08%), Fat: 5.51g (8.48%), Saturated Fat: 0.79g (4.93%), Carbohydrates: 45.3g (15.1%), Net Carbohydrates: 39.96g (14.53%), Sugar: 35.95g (39.94%), Cholesterol: 0mg (0%), Sodium: 145.14mg (6.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.31g (4.62%), Vitamin C: 123.1mg (149.22%), Manganese: 1.47mg (73.55%), Vitamin A: 1098.4IU (21.97%), Vitamin K: 22.47µg (21.4%), Fiber: 5.34g (21.37%), Folate: 62.22µg (15.55%), Potassium: 497.15mg (14.2%), Vitamin B6: 0.25mg (12.36%), Copper: 0.23mg (11.62%), Vitamin B1: 0.16mg (10.8%), Magnesium: 41.13mg (10.28%), Vitamin B3: 1.51mg (7.57%), Iron: 1.19mg (6.59%), Vitamin E: 0.98mg (6.54%), Phosphorus: 57.92mg (5.79%), Vitamin B2: 0.09mg (5.41%), Calcium: 53.02mg (5.3%), Vitamin B5: 0.52mg (5.22%), Zinc: 0.59mg (3.94%), Selenium: 1.8µg (2.57%)