



Fresh Fruit Salad with Poppy Seed Dressing

 Vegetarian  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



240 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup honey
- 0.3 cup limeade concentrate frozen thawed
- 0.3 cup vegetable oil
- 1 teaspoon orange zest grated
- 0.5 teaspoon poppy seeds
- 0.3 teaspoon ground mustard
- 2 cups blueberries fresh
- 4 medium peaches peeled sliced

4 medium cranberry-orange relish peeled sliced

4 kiwi fruit peeled sliced

Equipment

bowl

whisk

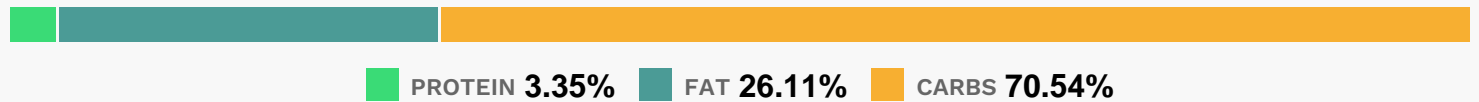
Directions

In small bowl, mix dressing ingredients with wire whisk until well blended.

Arrange salad ingredients in individual salad bowls.

Serve with dressing.

Nutrition Facts



Properties

Glycemic Index:29.09, Glycemic Load:18.74, Inflammation Score:-7, Nutrition Score:11.671739059946%

Flavonoids

Cyanidin: 4.57mg, Cyanidin: 4.57mg, Cyanidin: 4.57mg, Cyanidin: 4.57mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 5.65mg, Catechin: 5.65mg, Catechin: 5.65mg, Catechin: 5.65mg Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 239.96kcal (12%), Fat: 7.52g (11.56%), Saturated Fat: 1.1g (6.85%), Carbohydrates: 45.69g (15.23%), Net Carbohydrates: 40.63g (14.78%), Sugar: 38.62g (42.91%), Cholesterol: 0mg (0%), Sodium: 13.54mg (0.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.17g (4.34%), Vitamin C: 76.19mg (92.35%), Vitamin K: 40.26µg (38.34%), Fiber: 5.06g (20.25%), Vitamin E: 2.03mg (13.55%), Manganese: 0.26mg (13.11%), Potassium: 342.76mg (9.79%), Folate: 39.03µg (9.76%), Copper: 0.18mg (9.13%), Vitamin A: 452.51IU (9.05%), Vitamin B1: 0.1mg (6.9%), Magnesium: 23.57mg (5.89%), Vitamin B3: 1.15mg (5.73%), Vitamin B6: 0.11mg (5.58%), Calcium: 52.04mg (5.2%), Vitamin B2: 0.08mg (4.99%), Phosphorus: 48.71mg (4.87%), Vitamin B5: 0.43mg (4.25%), Iron: 0.65mg (3.61%), Selenium: 2.37µg (3.38%), Zinc: 0.41mg (2.72%)