



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

- 2 cups blueberries fresh
- 0.3 teaspoon ground mustard
- 0.5 cup honey
- 4 kiwi fruit peeled sliced
- 0.3 cup limeade concentrate frozen thawed
- 1 teaspoon orange zest grated
- 4 medium cranberry-orange relish peeled sliced
- 4 medium peaches peeled sliced

- 0.5 teaspoon poppy seeds
- 0.3 cup vegetable oil

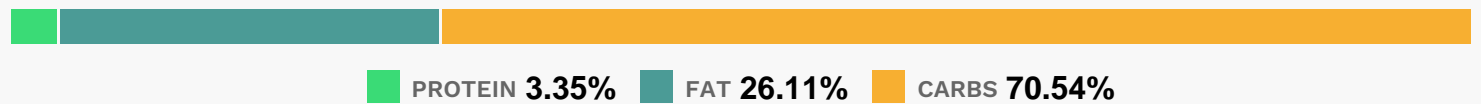
Equipment

- 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%)