



Fresh Fruit with Honey Poppy Seed Dressing

 Vegetarian  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



12

CALORIES



118 kcal

SIDE DISH

Ingredients

- 0.3 cup vegetable oil
- 3 tablespoons honey
- 2 tablespoons juice of lemon
- 1.5 teaspoons poppy seeds
- 2 nectarines sliced
- 1 cranberry-orange relish peeled sliced
- 1 medium pineapple cored peeled cut into 1-inch pieces
- 1 small bunch grapes seedless cut in half (2 cups)

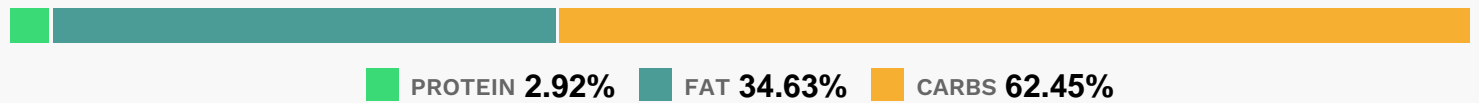
Equipment

bowl

Directions

- In tightly covered container, shake all dressing ingredients. Shake again before pouring over fruits.
- In large bowl, toss fruits and dressing. Cover and refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:20.62, Glycemic Load:9.48, Inflammation Score:-4, Nutrition Score:7.0873913130035%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 3.34mg, Hesperetin: 3.34mg, Hesperetin: 3.34mg Naringenin: 1.71mg, Naringenin: 1.71mg, Naringenin: 1.71mg, Naringenin: 1.71mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 117.94kcal (5.9%), Fat: 4.89g (7.52%), Saturated Fat: 0.72g (4.53%), Carbohydrates: 19.84g (6.61%), Net Carbohydrates: 17.99g (6.54%), Sugar: 16.33g (18.14%), Cholesterol: 0mg (0%), Sodium: 4.37mg (0.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.93g (1.86%), Vitamin C: 43.88mg (53.18%), Manganese: 0.75mg (37.59%), Vitamin K: 10.89µg (10.37%), Fiber: 1.86g (7.43%), Copper: 0.13mg (6.45%), Vitamin B1: 0.09mg (5.88%), Vitamin B6: 0.11mg (5.46%), Folate: 19.39µg (4.85%), Potassium: 161.02mg (4.6%), Vitamin E: 0.58mg (3.87%), Magnesium: 14.56mg (3.64%), Vitamin B3: 0.7mg (3.52%), Vitamin A: 153.96IU (3.08%), Vitamin B2: 0.05mg (2.65%), Vitamin B5: 0.25mg (2.45%), Iron: 0.4mg (2.22%), Calcium: 21.55mg (2.16%), Phosphorus: 19.49mg (1.95%), Zinc: 0.2mg (1.32%)