



Fresh Fruit with Tangy Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



190 kcal

SIDE DISH

Ingredients

- ☐ 1 medium avocado peeled sliced
- ☐ 4 cups banana sliced (8 medium)
- ☐ 4 cups cantaloupe cubed
- ☐ 1 teaspoon celery seeds
- ☐ 1 teaspoon mustard dry
- ☐ 0.3 cup juice of lemon
- ☐ 8 servings lettuce leaves
- ☐ 1 teaspoon paprika

- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 1 tablespoon vegetable oil
- ☐ 0.3 cup water

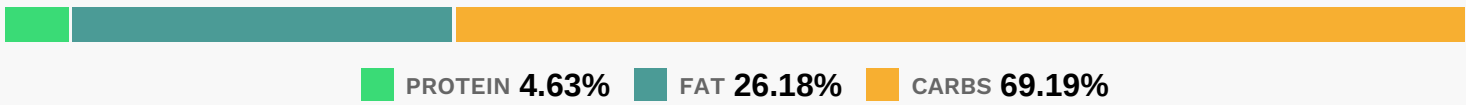
Equipment

- ☐ blender

Directions

- ☐ Arrange 1/2 cup banana, 1/2 cup cantaloupe, and one-eighth of avocado on each of 8 lettuce-lined salad plates.
- ☐ Place sugar and next 7 ingredients (sugar through salt) in a blender; process until well-blended.
- ☐ Drizzle 2 tablespoons dressing over each salad.

Nutrition Facts



Properties

Glycemic Index:30.92, Glycemic Load:18.28, Inflammation Score:-10, Nutrition Score:13.305652338526%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 4.57mg, Catechin: 4.57mg, Catechin: 4.57mg, Catechin: 4.57mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 2.42mg, Luteolin: 2.42mg, Luteolin: 2.42mg, Luteolin: 2.42mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 190.05kcal (9.5%), Fat: 6.02g (9.26%), Saturated Fat: 0.94g (5.87%), Carbohydrates: 35.8g (11.93%), Net Carbohydrates: 31.11g (11.31%), Sugar: 24.48g (27.2%), Cholesterol: 0mg (0%), Sodium: 179.73mg (7.81%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 2.4g (4.79%), Vitamin A: 4691.19IU (93.82%), Vitamin C: 26.07mg (31.61%), Vitamin B6: 0.41mg (20.45%), Fiber: 4.69g (18.76%), Manganese: 0.37mg (18.7%), Potassium: 584.23mg (16.69%), Folate: 58.26µg (14.56%), Magnesium: 44.21mg (11.05%), Vitamin K: 11.15µg (10.62%), Copper: 0.18mg (9.23%), Vitamin B2: 0.14mg (8.27%), Vitamin B3: 1.64mg (8.21%), Vitamin B1: 0.11mg (7.29%), Vitamin B5: 0.71mg (7.05%), Vitamin E: 0.95mg (6.33%), Iron: 1.06mg (5.86%), Phosphorus: 55.16mg (5.52%), Zinc: 0.72mg (4.82%), Selenium: 2.98µg (4.26%), Calcium: 29.27mg (2.93%)