

# Fruit Salad Dressing

 Vegetarian  Dairy Free

READY IN



10 min.

SERVINGS



16

CALORIES



142 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 3 tablespoons flour all-purpose
- 16 servings fruit fresh assorted
- 0.3 cup honey
- 0.3 cup juice of lemon
- 6 ounces orange juice concentrate frozen thawed canned
- 12 ounces pineapple rings canned
- 0.5 cup sugar

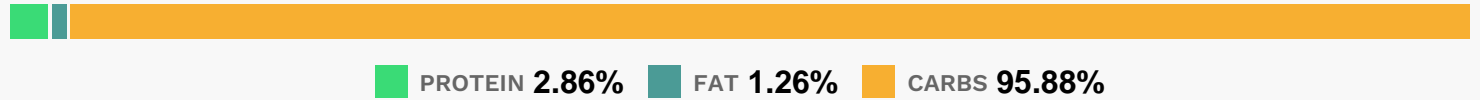
## Equipment

sauce pan

## Directions

- In a saucepan, combine the flour, pineapple juice, orange juice concentrate, sugar, honey and lemon juice. Bring to a boil; cook and stir for 2 minutes or until thickened and bubbly. Cool.
- Serve over fruit. Leftover dressing may be refrigerate for up to 1 week.

## Nutrition Facts



## Properties

Glycemic Index:12.34, Glycemic Load:7.42, Inflammation Score:-4, Nutrition Score:4.2313043656557%

## Flavonoids

Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 142.16kcal (7.11%), Fat: 0.21g (0.33%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 36.34g (12.11%), Net Carbohydrates: 34g (12.36%), Sugar: 30.21g (33.56%), Cholesterol: 0mg (0%), Sodium: 7.22mg (0.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.17%), Vitamin C: 21.52mg (26.09%), Fiber: 2.34g (9.35%), Vitamin A: 409.02IU (8.18%), Copper: 0.12mg (6.14%), Potassium: 207.01mg (5.91%), Vitamin K: 5.65µg (5.38%), Vitamin B1: 0.08mg (5.14%), Folate: 15.06µg (3.77%), Vitamin B3: 0.73mg (3.67%), Vitamin B2: 0.06mg (3.66%), Magnesium: 13.48mg (3.37%), Vitamin B6: 0.07mg (3.31%), Iron: 0.56mg (3.09%), Manganese: 0.05mg (2.58%), Phosphorus: 24.23mg (2.42%), Calcium: 14.19mg (1.42%), Vitamin B5: 0.12mg (1.23%), Zinc: 0.17mg (1.13%)