



## Fruit Salad With Blackberry-Basil Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



133 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 1 large avocado sliced
- ☐ 6 servings blackberry-basil vinaigrette
- ☐ 1 cup blackberries fresh
- ☐ 1.5 cups pink grapefruit segents
- ☐ 1.5 cups mangos sliced
- ☐ 8 cups gourmet salad greens mixed
- ☐ 1.5 cups strawberries fresh sliced

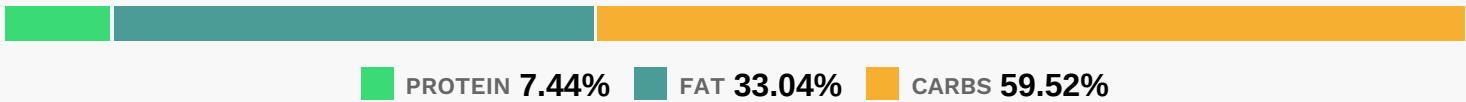
### Equipment

☐ bowl

Directions

- ☐ Place salad greens and next 5 ingredients in a large bowl, and gently toss.
- ☐ Serve immediately with Blackberry-Basil Vinaigrette.

Nutrition Facts



Properties

Glycemic Index:41.96, Glycemic Load:5.51, Inflammation Score:-9, Nutrition Score:14.290869640267%

Flavonoids

Cyanidin: 24.74mg, Cyanidin: 24.74mg, Cyanidin: 24.74mg, Cyanidin: 24.74mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Pelargonidin: 9.06mg, Pelargonidin: 9.06mg, Pelargonidin: 9.06mg, Pelargonidin: 9.06mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 10.72mg, Catechin: 10.72mg, Catechin: 10.72mg, Catechin: 10.72mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 18.86mg, Naringenin: 18.86mg, Naringenin: 18.86mg, Naringenin: 18.86mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 133.33kcal (6.67%), Fat: 5.44g (8.37%), Saturated Fat: 0.78g (4.87%), Carbohydrates: 22.04g (7.35%), Net Carbohydrates: 16.19g (5.89%), Sugar: 12.77g (14.19%), Cholesterol: 0mg (0%), Sodium: 17.3mg (0.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.51%), Vitamin C: 75.25mg (91.21%), Vitamin A: 1923.53IU (38.47%), Manganese: 0.48mg (24.08%), Fiber: 5.85g (23.39%), Folate: 88.08µg (22.02%), Vitamin K: 22.61µg (21.53%), Potassium: 500.99mg (14.31%), Vitamin B6: 0.24mg (11.78%), Copper: 0.22mg (10.95%), Vitamin E: 1.54mg (10.27%), Magnesium: 35.64mg (8.91%), Vitamin B5: 0.88mg (8.77%), Vitamin B3: 1.58mg (7.91%), Vitamin B2: 0.12mg (7.02%), Phosphorus: 69.39mg (6.94%), Vitamin B1: 0.09mg (5.92%), Iron: 0.99mg (5.51%), Calcium: 44.4mg (4.44%), Zinc: 0.6mg (3.98%), Selenium: 0.9µg (1.28%)