



## Fruit Salad with Citrus-Mint Dressing

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



147 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 cups seasoning cubes ()
- 2 cups wedges honeydew melon ()
- 6 kiwi fruit peeled cut into 8 wedges
- 1 teaspoon juice of lime fresh
- 1.5 tablespoons mint leaves
- 2 tablespoons orange juice fresh
- 0.5 teaspoon orange zest fresh finely grated
- 1 medium papaya peeled cut into 1-inch chunks

1 tablespoon sugar

## Equipment

food processor

bowl

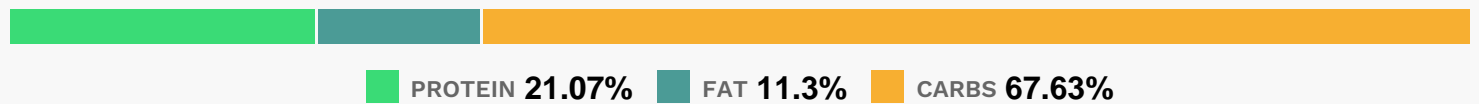
## Directions

Combine kiwifruit, honeydew, cantaloupe, and papaya in a medium bowl.

Place sugar and remaining ingredients in a mini chopper food processor; pulse until mint is finely chopped.

Pour sugar mixture over fruit, and stir gently to coat.

## Nutrition Facts



## Properties

Glycemic Index:38.92, Glycemic Load:9.68, Inflammation Score:-7, Nutrition Score:11.476521631946%

## Flavonoids

Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg  
Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg  
Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg  
Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg  
Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg  
Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg  
Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg  
Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg  
Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg  
Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg  
Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg  
Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 147.17kcal (7.36%), Fat: 2g (3.07%), Saturated Fat: 0.09g (0.58%), Carbohydrates: 26.92g (8.97%), Net Carbohydrates: 22.74g (8.27%), Sugar: 19.91g (22.12%), Cholesterol: 20.36mg (6.79%), Sodium: 514.65mg (22.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.38g (16.77%), Vitamin C: 112.74mg (136.66%), Vitamin K: 39.64µg (37.76%), Fiber: 4.18g (16.71%), Folate: 56.43µg (14.11%), Vitamin A: 654.39IU (13.09%), Potassium: 421.41mg (12.04%), Vitamin E: 1.35mg (9.01%), Copper: 0.17mg (8.27%), Magnesium: 32.59mg (8.15%), Manganese: 0.14mg

(7.02%), Vitamin B6: 0.13mg (6.46%), Calcium: 49.45mg (4.94%), Phosphorus: 44.27mg (4.43%), Vitamin B1: 0.06mg (4.29%), Iron: 0.76mg (4.24%), Vitamin B3: 0.8mg (4.01%), Vitamin B5: 0.37mg (3.68%), Vitamin B2: 0.05mg (2.88%), Zinc: 0.24mg (1.58%), Selenium: 0.9µg (1.29%)