



Fruit Salad with Mint Honey-Lime Dressing

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



168 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon balsamic vinegar
- 4 cups cantaloupe cubed
- 4 cups honeydew cubed
- 0.3 cup juice of lime fresh
- 2 teaspoons lime zest grated
- 0.5 cup yogurt plain low-fat
- 0.3 cup mint honey light (if available)
- 1 medium papaya cubed peeled

- 3 cups pineapple diced cored peeled
- 3 cups grapes red seedless
- 1.5 cups strawberries fresh halved

Equipment

- bowl
- whisk

Directions

- Whisk mint honey and fresh lime juice together in small bowl to a smooth consistency; add yogurt and lime zest; set dressing aside.
- Combine fruit except strawberries in large glass bowl.
- Sprinkle strawberries with Balsamic vinegar, then lightly mix with other fruit. Cover dressing and fruit separately and chill until ready to serve.
- Mix dressing into fruit.
- Let stand 15 minutes to blend flavors.
- Garnish with mint sprigs and serve.

Nutrition Facts



PROTEIN 6.77% **FAT 4.21%** **CARBS 89.02%**

Properties

Glycemic Index:44.11, Glycemic Load:15.53, Inflammation Score:-10, Nutrition Score:16.5491304444941%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Pelargonidin: 6.71mg, Pelargonidin: 6.71mg, Pelargonidin: 6.71mg, Pelargonidin: 6.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.8mg, Eriodictyol: 0.8mg, Eriodictyol: 0.8mg, Eriodictyol: 0.8mg
Hesperetin: 1.31mg, Hesperetin: 1.31mg, Hesperetin: 1.31mg, Hesperetin: 1.31mg Naringenin: 0.13mg, Naringenin:
0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg
Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Kaempferol: 0.19mg, Kaempferol: 0.19mg,
Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin:
0.02mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg Gallocatechin: 0.01mg,
Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 168.18kcal (8.41%), Fat: 0.87g (1.34%), Saturated Fat: 0.3g (1.89%), Carbohydrates: 41.39g (13.8%), Net
Carbohydrates: 37.3g (13.56%), Sugar: 33.93g (37.69%), Cholesterol: 0.92mg (0.31%), Sodium: 56.33mg (2.45%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.15g (6.29%), Vitamin C: 98.32mg (119.17%), Vitamin A:
3278.35IU (65.57%), Manganese: 0.82mg (40.8%), Potassium: 666.52mg (19.04%), Fiber: 4.09g (16.34%), Folate:
65.03µg (16.26%), Vitamin K: 15µg (14.29%), Copper: 0.27mg (13.51%), Vitamin B6: 0.27mg (13.29%), Vitamin B1:
0.19mg (12.37%), Magnesium: 46.96mg (11.74%), Vitamin B2: 0.15mg (8.64%), Vitamin B3: 1.63mg (8.15%),
Phosphorus: 74.81mg (7.48%), Calcium: 72.62mg (7.26%), Iron: 1.17mg (6.51%), Vitamin B5: 0.59mg (5.93%), Zinc:
0.78mg (5.19%), Selenium: 2.93µg (4.18%), Vitamin E: 0.4mg (2.65%), Vitamin B12: 0.09µg (1.43%)