



Fruit Salad with Poppy Seed Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



123 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup blueberries
- ☐ 1 cup grapes green seedless halved
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 teaspoon poppy seeds
- ☐ 1 cup strawberries quartered
- ☐ 2 tablespoons sugar
- ☐ 0.3 cup pistachios unsalted toasted

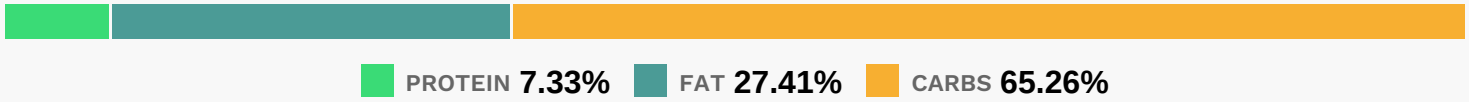
Equipment

☐ bowl

Directions

- ☐ Toss grapes, strawberries and blueberries with sugar in a medium bowl. Stir in lime juice, and poppy seeds.
- ☐ Let sit at room temperature for at least 1/2 an hour.
- ☐ Garnish with pistachios and serve.

Nutrition Facts



Properties

Glycemic Index:50.27, Glycemic Load:8.89, Inflammation Score:-3, Nutrition Score:6.2773913196895%

Flavonoids

Cyanidin: 2.17mg, Cyanidin: 2.17mg, Cyanidin: 2.17mg, Cyanidin: 2.17mg Petunidin: 5.87mg, Petunidin: 5.87mg, Petunidin: 5.87mg, Petunidin: 5.87mg Delphinidin: 6.67mg, Delphinidin: 6.67mg, Delphinidin: 6.67mg, Delphinidin: 6.67mg Malvidin: 12.51mg, Malvidin: 12.51mg, Malvidin: 12.51mg, Malvidin: 12.51mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 3.77mg, Peonidin: 3.77mg, Peonidin: 3.77mg, Peonidin: 3.77mg Catechin: 2.1mg, Catechin: 2.1mg, Catechin: 2.1mg, Catechin: 2.1mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 122.9kcal (6.15%), Fat: 4.09g (6.3%), Saturated Fat: 0.5g (3.12%), Carbohydrates: 21.92g (7.31%), Net Carbohydrates: 19.41g (7.06%), Sugar: 16.32g (18.13%), Cholesterol: 0mg (0%), Sodium: 2.32mg (0.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.46g (4.93%), Vitamin C: 28.95mg (35.09%), Manganese: 0.38mg (18.84%), Vitamin K: 10.98µg (10.46%), Fiber: 2.5g (10.01%), Copper: 0.19mg (9.58%), Vitamin B6: 0.15mg (7.64%), Vitamin B1: 0.11mg (7.01%), Potassium: 242.28mg (6.92%), Phosphorus: 63.11mg (6.31%), Magnesium: 20.62mg (5.16%), Folate:

16.55µg (4.14%), Iron: 0.73mg (4.08%), Vitamin B2: 0.06mg (3.77%), Vitamin E: 0.49mg (3.3%), Calcium: 31.83mg (3.18%), Zinc: 0.36mg (2.39%), Vitamin B3: 0.42mg (2.1%), Selenium: 1.12µg (1.6%), Vitamin B5: 0.15mg (1.47%), Vitamin A: 66.7IU (1.33%)