



Fruit Salad with Vanilla Dressing

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



219 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 banana sliced
- 6 servings pepper black freshly ground
- 1 apples i use 2 granny smith apples diced cored
- 1 cup grapes seedless halved
- 1 teaspoon honey
- 0.3 teaspoon kosher salt
- 1 teaspoon juice of lemon
- 1 mangos diced peeled

- 0.3 cup mayonnaise
- 1 pears diced cored peeled
- 0.5 cup yogurt plain
- 10 strawberries halved
- 1 teaspoon vanilla extract pure
- 0.3 cup walnuts toasted chopped

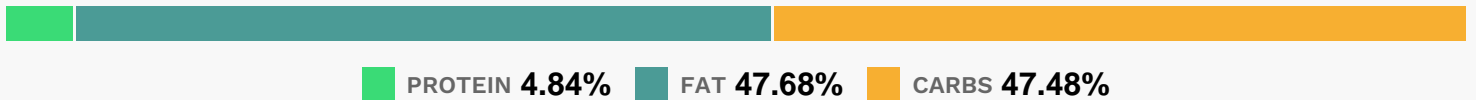
Equipment

- whisk
- mixing bowl

Directions

- Watch how to make this recipe.
- In a small mixing bowl whisk together the yogurt, mayonnaise, lemon juice, honey, vanilla extract and salt. Season with pepper, to taste. Set aside.
- Place all of the fruit and the nuts into a large mixing bowl and toss to combine.
- Add the dressing, toss and serve.

Nutrition Facts



Properties

Glycemic Index:72.43, Glycemic Load:10.25, Inflammation Score:-5, Nutrition Score:8.6586957081504%

Flavonoids

Cyanidin: 1.63mg, Cyanidin: 1.63mg, Cyanidin: 1.63mg, Cyanidin: 1.63mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 4.98mg, Pelargonidin: 4.98mg, Pelargonidin: 4.98mg, Pelargonidin: 4.98mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.89mg, Catechin: 2.89mg, Catechin: 2.89mg, Catechin: 2.89mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 3.49mg, Epicatechin: 3.49mg, Epicatechin: 3.49mg, Epicatechin: 3.49mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg

Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg

Nutrients (% of daily need)

Calories: 218.98kcal (10.95%), Fat: 12.28g (18.89%), Saturated Fat: 2.01g (12.53%), Carbohydrates: 27.51g (9.17%), Net Carbohydrates: 23.7g (8.62%), Sugar: 20.29g (22.54%), Cholesterol: 6.57mg (2.19%), Sodium: 167.66mg (7.29%), Alcohol: 0.23g (100%), Alcohol %: 0.15% (100%), Protein: 2.8g (5.6%), Vitamin C: 30.02mg (36.39%), Vitamin K: 23.23µg (22.12%), Manganese: 0.43mg (21.69%), Fiber: 3.8g (15.21%), Copper: 0.24mg (11.86%), Vitamin B6: 0.21mg (10.43%), Potassium: 339.88mg (9.71%), Vitamin A: 456.86IU (9.14%), Folate: 35.53µg (8.88%), Magnesium: 29.86mg (7.46%), Phosphorus: 70.04mg (7%), Vitamin B2: 0.11mg (6.29%), Vitamin E: 0.89mg (5.95%), Vitamin B1: 0.08mg (5.07%), Calcium: 47.5mg (4.75%), Vitamin B5: 0.34mg (3.4%), Iron: 0.6mg (3.36%), Vitamin B3: 0.66mg (3.28%), Zinc: 0.49mg (3.26%), Selenium: 1.54µg (2.19%), Vitamin B12: 0.09µg (1.45%)