

Fruit With Orange-Ginger Dressing

 Vegetarian

READY IN



15 min.

SERVINGS



6

CALORIES



316 kcal

SIDE DISH

Ingredients

- 3 tablespoons crystallized ginger minced
- 5 cups fruit assorted cut into bite-size pieces
- 3 tablespoons honey
- 0.5 cup hellmann's real mayonnaise
- 0.7 cup orange juice
- 0.5 cup yogurt plain
- 6 servings try build-a-meal

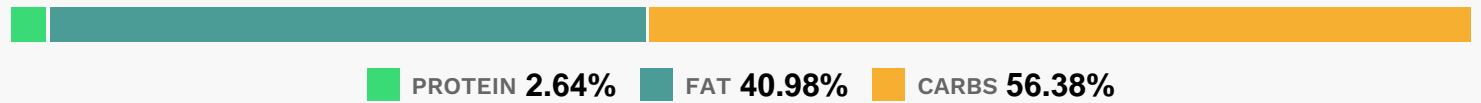
Equipment

- bowl
- sauce pan
- whisk
- sieve

Directions

- Combine first 3 ingredients in a small saucepan; bring to a boil over medium heat. Boil, stirring occasionally, 15 minutes or until mixture thickens and reduces by half (about 1/3 cup). If desired, pour mixture through a wire-mesh strainer into a bowl, discarding solids. Cover and chill at least 1 hour.
- Whisk together mayonnaise and yogurt. Stir in chilled juice mixture.
- Place fruit in 6 (1-cup) parfait glasses or a medium serving bowl.
- Pour dressing evenly over fruit.

Nutrition Facts



Properties

Glycemic Index:28.88, Glycemic Load:6.21, Inflammation Score:-5, Nutrition Score:7.1695652111717%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.29mg, Hesperetin: 3.29mg, Hesperetin: 3.29mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 315.58kcal (15.78%), Fat: 14.91g (22.93%), Saturated Fat: 2.64g (16.51%), Carbohydrates: 46.14g (15.38%), Net Carbohydrates: 42.67g (15.52%), Sugar: 38.01g (42.23%), Cholesterol: 10.49mg (3.5%), Sodium: 139.26mg (6.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.16g (4.32%), Vitamin K: 39.64µg (37.75%), Vitamin C: 18.28mg (22.15%), Fiber: 3.46g (13.85%), Vitamin A: 684.02IU (13.68%), Copper: 0.18mg (8.82%), Potassium: 279.03mg (7.97%), Manganese: 0.13mg (6.74%), Phosphorus: 58.44mg (5.84%), Vitamin B2: 0.1mg (5.6%), Vitamin B3: 0.97mg (4.84%), Iron: 0.82mg (4.58%), Magnesium: 18.23mg (4.56%), Vitamin E: 0.65mg (4.33%), Calcium: 40.29mg (4.03%), Vitamin B1: 0.06mg (3.95%), Folate: 14.94µg (3.73%), Vitamin B6: 0.06mg (2.86%), Zinc: 0.42mg (2.79%), Vitamin B5: 0.27mg (2.67%), Selenium: 1.5µg (2.14%), Vitamin B12: 0.1µg (1.63%)