



Gingered Fresh Fruit Salad



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



91 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons honey
- ☐ 1 teaspoon candied ginger chopped
- ☐ 0.3 teaspoon lime zest grated
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 cup watermelon
- ☐ 1 cup cantaloupe
- ☐ 2 cups seasoning cubes fresh
- ☐ 1 cup grapes green seedless

☐ 2 cups raspberries fresh

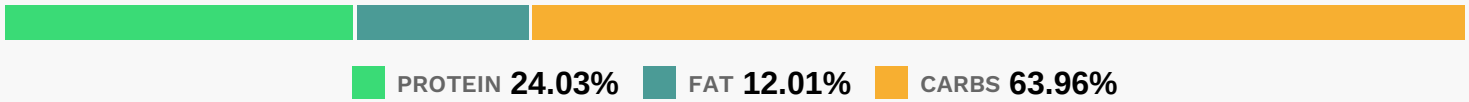
Equipment

- ☐ bowl
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ In 1-cup microwavable measuring cup, mix dressing ingredients. Microwave uncovered on High 20 to 30 seconds or until hot. Cool completely, about 15 minutes.
- ☐ In very large bowl, mix salad ingredients.
- ☐ Pour dressing over fruit; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:37.3, Glycemic Load:6.18, Inflammation Score:-6, Nutrition Score:4.1426087151403%

Flavonoids

Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 90.55kcal (4.53%), Fat: 1.31g (2.02%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 15.69g (5.23%), Net Carbohydrates: 13.31g (4.84%), Sugar: 12.35g (13.73%), Cholesterol: 15.27mg (5.09%), Sodium: 378.76mg (16.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.89g (11.79%), Vitamin C: 13.35mg (16.18%), Vitamin A: 808.77IU (16.18%), Manganese: 0.23mg (11.74%), Fiber: 2.38g (9.53%), Vitamin K: 5.68µg (5.41%), Potassium: 141.21mg (4.03%), Copper: 0.08mg (3.94%), Iron: 0.61mg (3.36%), Magnesium: 12.83mg (3.21%), Vitamin B1: 0.04mg (2.64%), Folate: 10.53µg (2.63%), Vitamin B6: 0.05mg (2.6%), Vitamin E: 0.32mg (2.17%), Vitamin B2: 0.04mg (2.15%), Vitamin B3: 0.4mg (2%), Phosphorus: 18.71mg (1.87%), Vitamin B5: 0.18mg (1.79%), Zinc: 0.26mg (1.74%), Calcium: 13.38mg (1.34%)