



Gluten-Free Honey Lime Fruit Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



254 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



4 cups fruit fresh



0.3 cup honey



0.3 cup limeade concentrate frozen thawed ()



2 teaspoons poppy seeds



0.3 cup slivered almonds toasted

Equipment

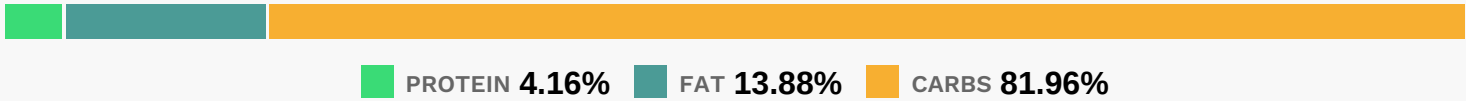


bowl

Directions

- ☐ Mix honey, limeade concentrate and poppy seed in medium bowl.
- ☐ Carefully toss fruit with honey mixture.
- ☐ Sprinkle with almonds.

Nutrition Facts



Properties

Glycemic Index:16.82, Glycemic Load:9.17, Inflammation Score:-6, Nutrition Score:6.989130380361%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 254.49kcal (12.72%), Fat: 4.23g (6.51%), Saturated Fat: 0.35g (2.17%), Carbohydrates: 56.19g (18.73%), Net Carbohydrates: 51.22g (18.62%), Sugar: 46.44g (51.6%), Cholesterol: 0mg (0%), Sodium: 13.62mg (0.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.71%), Fiber: 4.97g (19.88%), Manganese: 0.34mg (16.8%), Vitamin A: 715.81IU (14.32%), Copper: 0.28mg (14.09%), Vitamin E: 1.75mg (11.7%), Vitamin K: 10.9µg (10.38%), Magnesium: 36.01mg (9%), Vitamin B2: 0.14mg (8.46%), Potassium: 283.75mg (8.11%), Phosphorus: 74.96mg (7.5%), Vitamin C: 5.81mg (7.05%), Iron: 1.22mg (6.78%), Vitamin B3: 1.21mg (6.07%), Calcium: 53.16mg (5.32%), Zinc: 0.59mg (3.94%), Vitamin B1: 0.06mg (3.69%), Vitamin B6: 0.06mg (2.83%), Folate: 9.52µg (2.38%), Vitamin B5: 0.15mg (1.5%)