



## Grilled Fruit Salad with Honey-Yogurt Dressing



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



397 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 0.3 cup honey
- ☐ 1 tablespoon mint leaves finely chopped
- ☐ 0.3 cup pinenuts toasted
- ☐ 1 pineapple cored sliced into 8 rings
- ☐ 0.8 cup greek yogurt plain
- ☐ 2 plums cored cut into 8 wedges
- ☐ 4 servings vegetable oil for brushing fruit

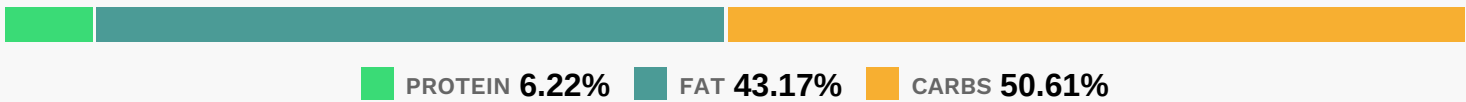
### Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

## Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat grill to medium.
- ☐ Lightly brush fruit with oil and place on the grill. Cook until pineapple and plums are nicely caramelized, turning once, about 8 to 10 minutes.
- ☐ Remove to a plate. Meanwhile, in a medium bowl whisk together yogurt, honey and mint.
- ☐ Place 2 rings and 4 wedges on each plate and drizzle with dressing.
- ☐ Garnish with pine nuts.

## Nutrition Facts



## Properties

Glycemic Index:37.4, Glycemic Load:25.91, Inflammation Score:-7, Nutrition Score:18.752173879872%

## Flavonoids

Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

## Nutrients (% of daily need)

Calories: 397.01kcal (19.85%), Fat: 20.29g (31.21%), Saturated Fat: 2.62g (16.36%), Carbohydrates: 53.52g (17.84%), Net Carbohydrates: 49.43g (17.98%), Sugar: 44.48g (49.43%), Cholesterol: 1.88mg (0.63%), Sodium: 17.17mg (0.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.58g (13.16%), Manganese: 2.89mg (144.61%), Vitamin C: 111.85mg (135.58%), Vitamin K: 33.99µg (32.37%), Copper: 0.4mg (19.86%), Fiber: 4.08g (16.34%), Vitamin B1: 0.23mg (15.2%), Vitamin B6: 0.3mg (15.08%), Magnesium: 56.19mg (14.05%), Vitamin E: 2.07mg (13.78%), Vitamin B2: 0.22mg (12.76%), Phosphorus: 124.66mg (12.47%), Folate: 49.72µg (12.43%), Potassium: 419.8mg (11.99%), Vitamin B3: 1.77mg (8.83%), Calcium: 78.68mg (7.87%), Iron: 1.36mg (7.56%), Zinc: 1.11mg (7.39%), Vitamin B5: 0.7mg (6.96%), Vitamin A: 302.12IU (6.04%), Selenium: 4.17µg (5.95%), Vitamin B12: 0.26µg (4.37%)