

Honey Fruit Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



178 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 medium banana firm sliced
- 11 ounces mandarin oranges drained canned
- 4 servings mint leaves fresh
- 1 cup grapes green
- 3 tablespoons honey
- 2 teaspoons juice of lime
- 0.3 teaspoon lime zest grated
- 8 ounces pineapple chunks drained canned

- 0.3 teaspoon poppy seeds
- 1 cup strawberries fresh halved
- 0.3 teaspoon vanilla extract

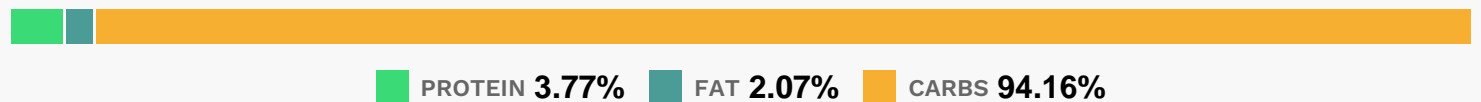
Equipment

- bowl

Directions

- In a large bowl, combine fruit. In a small bowl, combine the honey, lime juice, peel and vanilla.
- Pour over fruit; gently toss to coat.
- Sprinkle with poppy seeds.
- Garnish with mint if desired.

Nutrition Facts



Properties

Glycemic Index:57.51, Glycemic Load:13.84, Inflammation Score:-8, Nutrition Score:9.6330436986426%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.92mg, Catechin: 2.92mg, Catechin: 2.92mg, Catechin: 2.92mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 178.41kcal (8.92%), Fat: 0.45g (0.69%), Saturated Fat: 0.08g (0.49%), Carbohydrates: 45.92g (15.31%), Net Carbohydrates: 42.26g (15.37%), Sugar: 38.74g (43.04%), Cholesterol: 0mg (0%), Sodium: 6.94mg (0.3%), Alcohol: 0.09g (100%), Alcohol %: 0.04% (100%), Protein: 1.84g (3.68%), Vitamin C: 57.89mg (70.16%), Vitamin A: 1143.11IU (22.86%), Fiber: 3.66g (14.64%), Manganese: 0.28mg (14.17%), Potassium: 427.78mg (12.22%), Vitamin B6: 0.24mg (12.01%), Vitamin B1: 0.17mg (11.56%), Copper: 0.19mg (9.69%), Magnesium: 34.37mg (8.59%), Vitamin K: 6.86µg (6.54%), Vitamin B2: 0.1mg (5.97%), Folate: 23.9µg (5.97%), Iron: 0.87mg (4.82%), Vitamin B3: 0.96mg (4.78%), Zinc: 0.65mg (4.36%), Phosphorus: 38.6mg (3.86%), Calcium: 35.93mg (3.59%), Vitamin E: 0.34mg (2.29%), Vitamin B5: 0.18mg (1.81%), Selenium: 1.17µg (1.67%)