



Honey Lime Fruit Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



119 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 large bananas sliced
- 0.5 pound blueberries fresh
- 2 tablespoons honey
- 1 juice of lime juiced
- 0.3 cup pinenuts
- 16 ounce strawberries fresh hulled sliced

Equipment

- bowl

Directions

- Combine bananas, strawberries, and blueberries in a bowl.
- Drizzle honey and lime juice over fruit; stir to coat.
- Sprinkle with pine nuts.

Nutrition Facts



PROTEIN 5.36% **FAT 28.93%** **CARBS 65.71%**

Properties

Glycemic Index:23.38, Glycemic Load:8.68, Inflammation Score:-4, Nutrition Score:8.2743477225304%

Flavonoids

Cyanidin: 3.35mg, Cyanidin: 3.35mg, Cyanidin: 3.35mg, Cyanidin: 3.35mg Petunidin: 9mg, Petunidin: 9mg, Petunidin: 9mg, Petunidin: 9mg Delphinidin: 10.22mg, Delphinidin: 10.22mg, Delphinidin: 10.22mg, Delphinidin: 10.22mg Malvidin: 19.17mg, Malvidin: 19.17mg, Malvidin: 19.17mg, Malvidin: 19.17mg Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg Peonidin: 5.78mg, Peonidin: 5.78mg, Peonidin: 5.78mg, Peonidin: 5.78mg Catechin: 5.34mg, Catechin: 5.34mg, Catechin: 5.34mg, Catechin: 5.34mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 119.32kcal (5.97%), Fat: 4.23g (6.5%), Saturated Fat: 0.33g (2.07%), Carbohydrates: 21.6g (7.2%), Net Carbohydrates: 18.66g (6.79%), Sugar: 14.32g (15.91%), Cholesterol: 0mg (0%), Sodium: 1.59mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.76g (3.52%), Vitamin C: 40.24mg (48.78%), Manganese: 0.91mg (45.3%), Fiber: 2.93g (11.73%), Vitamin K: 9.94µg (9.47%), Vitamin B6: 0.17mg (8.71%), Magnesium: 32.78mg (8.19%), Potassium: 271mg (7.74%), Copper: 0.15mg (7.35%), Folate: 24.5µg (6.13%), Vitamin E: 0.89mg (5.95%), Phosphorus: 57.57mg (5.76%), Vitamin B3: 0.82mg (4.11%), Iron: 0.74mg (4.09%), Vitamin B2: 0.06mg (3.78%),

Vitamin B1: 0.06mg (3.74%), Zinc: 0.55mg (3.69%), Vitamin B5: 0.25mg (2.45%), Calcium: 14.21mg (1.42%)