



Honeyed Fruit Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



212 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons golden raisins
- 1 Dash ground cinnamon
- 1 Dash ground ginger
- 1.5 teaspoons honey
- 2 lettuce leaves
- 2 tablespoons vanilla yogurt low-fat
- 1 tablespoon mayonnaise reduced-calorie
- 0.5 cup orange sections fresh

- 0.8 cup pears ripe cubed
- 0.8 cup delicious apple red cubed

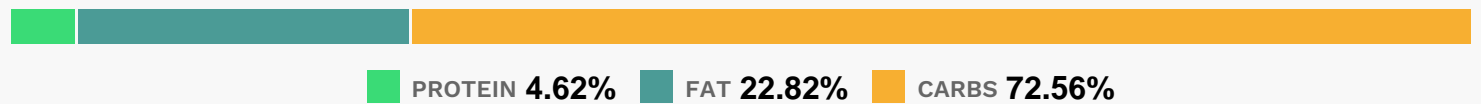
Equipment

- bowl

Directions

- Combine first 5 ingredients in a small bowl, stirring well.
- Combine apple and next 3 ingredients; toss gently.
- To serve, spoon fruit mixture evenly onto 2 lettuce-lined salad plates.
- Drizzle yogurt mixture evenly over fruit.

Nutrition Facts



Properties

Glycemic Index:137.59, Glycemic Load:14.89, Inflammation Score:-8, Nutrition Score:10.03217373594%

Flavonoids

Cyanidin: 1.98mg, Cyanidin: 1.98mg, Cyanidin: 1.98mg, Cyanidin: 1.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 5.8mg, Epicatechin: 5.8mg, Epicatechin: 5.8mg, Epicatechin: 5.8mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Hesperetin: 12.26mg, Hesperetin: 12.26mg, Hesperetin: 12.26mg, Hesperetin: 12.26mg Naringenin: 6.89mg, Naringenin: 6.89mg, Naringenin: 6.89mg, Naringenin: 6.89mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg

Nutrients (% of daily need)

Calories: 212.31kcal (10.62%), Fat: 5.8g (8.92%), Saturated Fat: 1.05g (6.57%), Carbohydrates: 41.49g (13.83%), Net Carbohydrates: 36.23g (13.17%), Sugar: 31.23g (34.7%), Cholesterol: 3.94mg (1.31%), Sodium: 67.64mg (2.94%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.64g (5.29%), Vitamin C: 33.7mg (40.85%), Vitamin A: 1933.39IU (38.67%), Manganese: 0.43mg (21.71%), Fiber: 5.26g (21.05%), Vitamin K: 15.8µg (15.05%), Potassium: 416.79mg (11.91%), Vitamin B2: 0.14mg (8.42%), Calcium: 83.49mg (8.35%), Folate: 31.45µg (7.86%), Vitamin B6: 0.15mg (7.55%), Copper: 0.15mg (7.34%), Phosphorus: 72.75mg (7.28%), Magnesium: 24.18mg (6.05%), Vitamin B1: 0.09mg (5.93%), Iron: 0.89mg (4.92%), Vitamin E: 0.57mg (3.82%), Vitamin B5: 0.32mg (3.22%), Vitamin B3: 0.62mg (3.08%), Selenium: 2.01µg (2.87%), Zinc: 0.42mg (2.81%), Vitamin B12: 0.11µg (1.91%)