



Insalata Primavera di Fruta e Pomodoro



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



238 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 cup basil leaves fresh
- ☐ 0.3 cup mint leaves fresh
- ☐ 1 pound tomatoes that are interesting such as grape green red yellow
- ☐ 1 cup grapes green seedless
- ☐ 4 servings honey
- ☐ 1 lemon zest
- ☐ 0.5 cup mascarpone cheese at room temperature

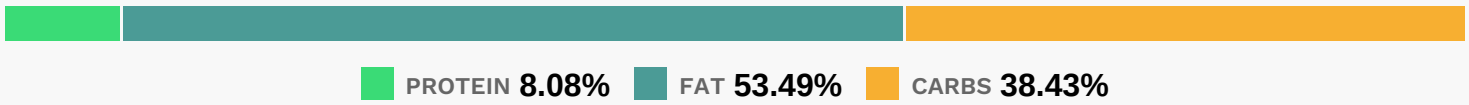
- ☐ 0.5 cup yogurt plain
- ☐ 1 pinch salt
- ☐ 1 cup strawberries cut into bite sized chunks
- ☐ 4 servings sunflower seeds handful toasted

Equipment

Directions

- ☐ Cut the tomatoes in bite-sized pieces.
- ☐ Add the grapes, strawberries, orange and grapefruit segments.
- ☐ Add the orange and lemon zest, the lemon juice, vinegar, salt, herbs and honey.
- ☐ Mix well and let it sit for 1 hour in the fridge so the flavors can marry and the juices combine. Stir well a couple of times.
- ☐ Beat the mascarpone until fluffy, adds the yogurt, and drizzle with some honey.
- ☐ Sprinkle seeds on the salad and serve with a dollop of the mascarpone yogurt, drizzle some more honey if you wish and throw some breezy mint leaves on top. Welcome spring!

Nutrition Facts



Properties

Glycemic Index:83.82, Glycemic Load:8.62, Inflammation Score:-8, Nutrition Score:10.623913146231%

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: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg 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: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg

Hesperetin: 1.37mg, Hesperetin: 1.37mg, Hesperetin: 1.37mg, Hesperetin: 1.37mg Naringenin: 0.97mg, Naringenin: 0.97mg, Naringenin: 0.97mg, Naringenin: 0.97mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 237.83kcal (11.89%), Fat: 14.62g (22.49%), Saturated Fat: 8.63g (53.93%), Carbohydrates: 23.62g (7.87%), Net Carbohydrates: 20.83g (7.58%), Sugar: 18.59g (20.65%), Cholesterol: 32.11mg (10.7%), Sodium: 48.33mg (2.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.97g (9.94%), Vitamin C: 42.18mg (51.13%), Vitamin A: 1597.46IU (31.95%), Vitamin K: 21.55µg (20.52%), Manganese: 0.38mg (18.89%), Potassium: 486.13mg (13.89%), Fiber: 2.79g (11.17%), Calcium: 109.53mg (10.95%), Folate: 36.68µg (9.17%), Vitamin B6: 0.17mg (8.72%), Copper: 0.17mg (8.63%), Phosphorus: 83.63mg (8.36%), Vitamin E: 1.18mg (7.88%), Magnesium: 31mg (7.75%), Vitamin B1: 0.1mg (7%), Vitamin B2: 0.12mg (6.78%), Vitamin B3: 1.07mg (5.33%), Iron: 0.91mg (5.07%), Zinc: 0.57mg (3.77%), Vitamin B5: 0.32mg (3.22%), Selenium: 1.45µg (2.08%), Vitamin B12: 0.11µg (1.89%)