



Mixed-Berry Salad

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



5

CALORIES



64 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup blueberries fresh
- ☐ 1 cup raspberries fresh
- ☐ 0.5 cup strawberries fresh cut in half
- ☐ 0.3 cup cream sour
- ☐ 1.5 teaspoons honey
- ☐ 1.5 teaspoons orange juice

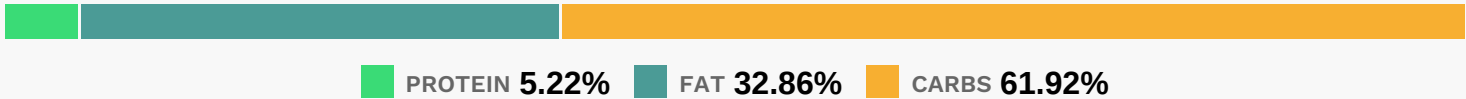
Equipment

- ☐ bowl

Directions

- ☐ In large bowl, toss blueberries, raspberries and strawberries.
- ☐ In small bowl, mix all dressing ingredients until smooth.
- ☐ Serve fruit with dressing.

Nutrition Facts



Properties

Glycemic Index:42.05, Glycemic Load:3.11, Inflammation Score:-3, Nutrition Score:3.9834783064282%

Flavonoids

Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg Petunidin: 9.42mg, Petunidin: 9.42mg, Petunidin: 9.42mg, Petunidin: 9.42mg Delphinidin: 10.85mg, Delphinidin: 10.85mg, Delphinidin: 10.85mg, Delphinidin: 10.85mg Malvidin: 20.04mg, Malvidin: 20.04mg, Malvidin: 20.04mg, Malvidin: 20.04mg Pelargonidin: 3.81mg, Pelargonidin: 3.81mg, Pelargonidin: 3.81mg, Pelargonidin: 3.81mg Peonidin: 6.04mg, Peonidin: 6.04mg, Peonidin: 6.04mg, Peonidin: 6.04mg Catechin: 2.33mg, Catechin: 2.33mg, Catechin: 2.33mg, Catechin: 2.33mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 2.69mg, Quercetin: 2.69mg, Quercetin: 2.69mg, Quercetin: 2.69mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 64.06kcal (3.2%), Fat: 2.53g (3.9%), Saturated Fat: 1.18g (7.36%), Carbohydrates: 10.74g (3.58%), Net Carbohydrates: 8.17g (2.97%), Sugar: 7.01g (7.78%), Cholesterol: 6.78mg (2.26%), Sodium: 4.35mg (0.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.81%), Vitamin C: 18.79mg (22.78%), Manganese: 0.32mg (15.95%), Fiber: 2.57g (10.27%), Vitamin K: 8.08µg (7.69%), Vitamin E: 0.46mg (3.09%), Folate: 11.63µg (2.91%), Potassium: 100.73mg (2.88%), Vitamin B2: 0.05mg (2.66%), Magnesium: 10.35mg (2.59%), Copper: 0.05mg (2.46%), Phosphorus: 23.15mg (2.31%), Calcium: 22.05mg (2.21%), Vitamin B6: 0.04mg (2.07%), Vitamin A: 101.48IU (2.03%), Iron: 0.33mg (1.83%), Vitamin B5: 0.18mg (1.78%), Vitamin B1: 0.03mg (1.75%), Vitamin B3: 0.34mg (1.72%),

Zinc: 0.21mg (1.41%)