



Mixed Fresh Fruit Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



237 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 large apples unpeeled
- ☐ 1 small bunch grapes green seedless
- ☐ 3 tablespoons honey
- ☐ 2 tablespoons juice of lemon
- ☐ 1 medium cranberry-orange relish
- ☐ 1 medium pineapple
- ☐ 1.5 teaspoons poppy seeds
- ☐ 0.3 cup vegetable oil

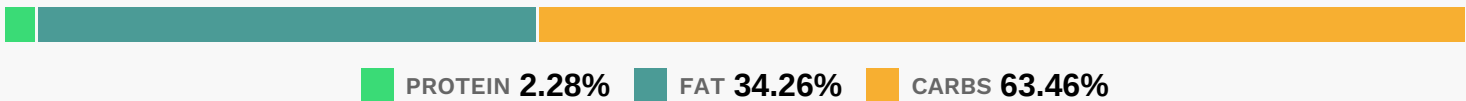
Equipment

- ☐ bowl
- ☐ knife

Directions

- ☐ In a tightly covered jar or container, shake the dressing ingredients.
- ☐ Cut the pineapple lengthwise into quarters.
- ☐ Cut off the rind and the core, removing any "eyes" or spots left from the rind.
- ☐ Cut the pineapple into about 1-inch chunks to make 4 cups.
- ☐ Peel the orange, using a paring knife.
- ☐ Cut along the membrane of both sides of one orange section.
- ☐ Remove that section, and continue with the rest of the orange.
- ☐ Wash the grapes, and cut in half.
- ☐ Cut the unpeeled apple into quarters, and remove the core and seeds.
- ☐ Cut each quarter into 1-inch pieces.
- ☐ Shake the dressing again to mix ingredients. In a large glass or plastic bowl, mix the fruits and the dressing. Cover; refrigerate until ready to serve. Store any remaining salad covered in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:39.41, Glycemic Load:18.76, Inflammation Score:-5, Nutrition Score:13.335652400618%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 6.67mg, Hesperetin: 6.67mg, Hesperetin: 6.67mg, Hesperetin: 6.67mg Naringenin: 3.41mg, Naringenin: 3.41mg, Naringenin: 3.41mg, Naringenin: 3.41mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 236.75kcal (11.84%), Fat: 9.71g (14.94%), Saturated Fat: 1.46g (9.12%), Carbohydrates: 40.47g (13.49%), Net Carbohydrates: 36.57g (13.3%), Sugar: 32.79g (36.43%), Cholesterol: 0mg (0%), Sodium: 2.96mg (0.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.9%), Vitamin C: 88.09mg (106.78%), Manganese: 1.49mg (74.55%), Vitamin K: 21.64µg (20.61%), Fiber: 3.9g (15.6%), Copper: 0.23mg (11.46%), Vitamin B1: 0.17mg (11.1%), Vitamin B6: 0.22mg (11.1%), Folate: 37.06µg (9.27%), Potassium: 299.81mg (8.57%), Magnesium: 26.72mg (6.68%), Vitamin E: 0.94mg (6.27%), Vitamin B2: 0.09mg (5.11%), Vitamin B3: 0.91mg (4.57%), Calcium: 44.39mg (4.44%), Vitamin B5: 0.43mg (4.25%), Iron: 0.7mg (3.9%), Vitamin A: 170.84IU (3.42%), Phosphorus: 30.76mg (3.08%), Zinc: 0.31mg (2.07%)