



Mixed Fruit and Cheese Salad

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



79 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.8 cup strawberries fresh sliced
- 1 tablespoon poppy seeds
- 0.8 teaspoon sugar
- 1 cup cantaloupe
- 0.5 cup grapes cut in half
- 0.5 cup blueberries fresh
- 2 oz cheddar cheese white cut into 1/2-inch cubes

Equipment

food processor

bowl

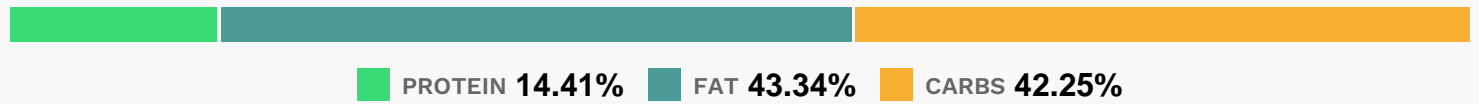
Directions

In food processor, place 1/4 cup of the strawberries, the dressing and sugar. Cover; process with quick on-and-off motions until smooth.

In medium bowl, mix remaining 1/2 cup strawberries, the cantaloupe, grapes, blueberries and cheese.

Pour dressing over fruit mixture; toss.

Nutrition Facts



Properties

Glycemic Index:49.27, Glycemic Load:3.74, Inflammation Score:-6, Nutrition Score:5.1760869285335%

Flavonoids

Cyanidin: 1.35mg, Cyanidin: 1.35mg, Cyanidin: 1.35mg, Cyanidin: 1.35mg Petunidin: 3.91mg, Petunidin: 3.91mg, Petunidin: 3.91mg, Petunidin: 3.91mg Delphinidin: 4.43mg, Delphinidin: 4.43mg, Delphinidin: 4.43mg, Delphinidin: 4.43mg Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg Peonidin: 2.51mg, Peonidin: 2.51mg, Peonidin: 2.51mg, Peonidin: 2.51mg Catechin: 1.21mg, Catechin: 1.21mg, Catechin: 1.21mg, Catechin: 1.21mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 78.89kcal (3.94%), Fat: 4g (6.16%), Saturated Fat: 1.91g (11.93%), Carbohydrates: 8.77g (2.92%), Net Carbohydrates: 7.5g (2.73%), Sugar: 6.74g (7.48%), Cholesterol: 9.45mg (3.15%), Sodium: 70.75mg (3.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.99g (5.99%), Vitamin A: 1013.68IU (20.27%), Vitamin C: 15.1mg (18.31%), Manganese: 0.23mg (11.62%), Calcium: 95.66mg (9.57%), Phosphorus: 69.18mg (6.92%), Vitamin K: 5.56µg

(5.3%), Fiber: 1.28g (5.1%), Selenium: 3.43µg (4.9%), Zinc: 0.64mg (4.24%), Copper: 0.08mg (4.09%), Vitamin B2: 0.07mg (4.02%), Magnesium: 15.18mg (3.8%), Potassium: 121.01mg (3.46%), Vitamin B1: 0.05mg (3.08%), Folate: 12.26µg (3.06%), Vitamin B6: 0.05mg (2.33%), Iron: 0.42mg (2.32%), Vitamin B3: 0.35mg (1.74%), Vitamin E: 0.26mg (1.71%), Vitamin B12: 0.1µg (1.67%), Vitamin B5: 0.12mg (1.16%)