



Pear-Kiwi Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



6 min.

SERVINGS



4

CALORIES



110 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1 tablespoon mint leaves fresh finely chopped



1 tablespoon honey



1.8 cups kiwi fruit peeled sliced



2 tablespoons juice of lime



2 cups pears sliced (2 pears)

Equipment



bowl

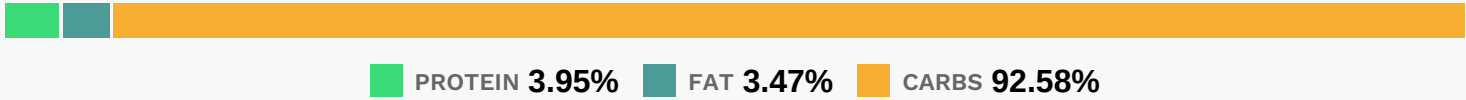


whisk

Directions

- ☐ Combine lime juice, mint, and honey in a medium bowl, stirring with a whisk.
- ☐ Add pear and kiwi; toss gently.

Nutrition Facts



Properties

Glycemic Index:35.42, Glycemic Load:10.32, Inflammation Score:-5, Nutrition Score:8.7400001093097%

Flavonoids

Cyanidin: 1.66mg, Cyanidin: 1.66mg, Cyanidin: 1.66mg, Cyanidin: 1.66mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 3.24mg, Epicatechin: 3.24mg, Epicatechin: 3.24mg, Epicatechin: 3.24mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 109.51kcal (5.48%), Fat: 0.47g (0.72%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 28.22g (9.41%), Net Carbohydrates: 23.26g (8.46%), Sugar: 19.25g (21.39%), Cholesterol: 0mg (0%), Sodium: 5.42mg (0.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.2g (2.41%), Vitamin C: 63.98mg (77.55%), Vitamin K: 34.79µg (33.14%), Fiber: 4.96g (19.84%), Copper: 0.18mg (8.89%), Potassium: 265.32mg (7.58%), Vitamin E: 1.12mg (7.47%), Folate: 28.05µg (7.01%), Manganese: 0.13mg (6.74%), Magnesium: 19.73mg (4.93%), Calcium: 38.75mg (3.88%), Phosphorus: 38.16mg (3.82%), Vitamin B6: 0.08mg (3.82%), Vitamin A: 144.35IU (2.89%), Vitamin B2: 0.05mg (2.75%), Iron: 0.42mg (2.35%), Vitamin B3: 0.45mg (2.27%), Vitamin B1: 0.03mg (2.23%), Vitamin B5: 0.2mg (1.98%), Zinc: 0.22mg (1.47%)