



Persimmon Pomegranate Fruit Salad



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



15 min.

SERVINGS



4

CALORIES



215 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

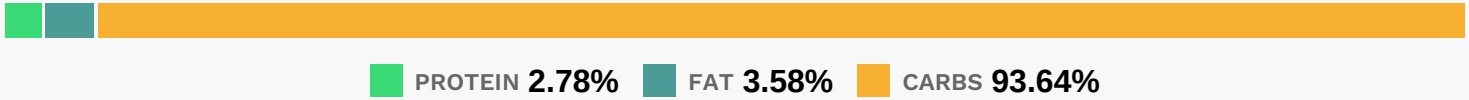
- ☐ 3 fuyu persimmons peeled chopped () (if any)
- ☐ 0.8 cup pomegranate seeds
- ☐ 1 fuji apple cored peeled chopped
- ☐ 7 leaves mint leaves fresh thinly sliced (stack them, then roll them up like a cigar and take slices from the end)
- ☐ 2 teaspoons juice of lemon
- ☐ 1 teaspoon honey

Equipment

Directions

- ☐ Gently toss all of the ingredients together.
- ☐ Keeps for at least a couple of days in the refrigerator, but best eaten same day it is made.

Nutrition Facts



Properties

Glycemic Index:50.32, Glycemic Load:26.55, Inflammation Score:-4, Nutrition Score:7.8056521409232%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 3.45mg, Epicatechin: 3.45mg, Epicatechin: 3.45mg, Epicatechin: 3.45mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 215.13kcal (10.76%), Fat: 0.95g (1.46%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 55.87g (18.62%), Net Carbohydrates: 53.53g (19.46%), Sugar: 10.44g (11.6%), Cholesterol: 0mg (0%), Sodium: 2.76mg (0.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.31%), Vitamin C: 89.39mg (108.36%), Iron: 3.31mg (18.39%), Potassium: 515.84mg (14.74%), Fiber: 2.34g (9.36%), Vitamin K: 6.04µg (5.76%), Phosphorus: 49.17mg (4.92%), Calcium: 40.29mg (4.03%), Folate: 13.68µg (3.42%), Copper: 0.06mg (3.11%), Manganese: 0.06mg (2.76%), Vitamin B6: 0.04mg (2.17%), Vitamin B1: 0.03mg (1.93%), Vitamin E: 0.27mg (1.8%), Vitamin B2: 0.03mg (1.73%), Magnesium: 6.22mg (1.55%), Vitamin B5: 0.15mg (1.48%)