



Poppy Seed Fruit Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



92 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup honey
- 0.3 cup limeade concentrate frozen thawed
- 2 teaspoons poppy seeds
- 1 cup strawberries cut in half
- 1 cup pineapple cubed
- 1 cup blueberries fresh
- 1 cup watermelon cubed
- 0.3 cup slivered almonds toasted

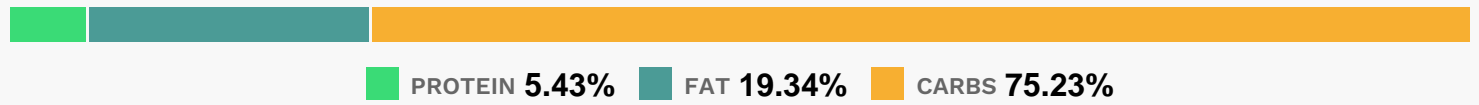
Equipment

bowl

Directions

- In medium bowl, mix honey, limeade concentrate and poppy seed.
- Carefully toss fruit with honey mixture.
- Sprinkle with almonds.

Nutrition Facts



Properties

Glycemic Index:35.08, Glycemic Load:8.32, Inflammation Score:-3, Nutrition Score:4.992608692335%

Flavonoids

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Nutrients (% of daily need)

Calories: 92.01kcal (4.6%), Fat: 2.16g (3.33%), Saturated Fat: 0.17g (1.09%), Carbohydrates: 18.93g (6.31%), Net Carbohydrates: 17.18g (6.25%), Sugar: 15.82g (17.58%), Cholesterol: 0mg (0%), Sodium: 1.65mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.37g (2.73%), Vitamin C: 24.08mg (29.18%), Manganese: 0.47mg (23.3%),

Fiber: 1.76g (7.03%), Vitamin E: 1.05mg (6.99%), Copper: 0.1mg (5.09%), Magnesium: 19.91mg (4.98%), Vitamin K: 4.13µg (3.93%), Vitamin B2: 0.07mg (3.86%), Potassium: 121.96mg (3.48%), Phosphorus: 33.54mg (3.35%), Vitamin B1: 0.05mg (3.15%), Folate: 12.1µg (3.03%), Vitamin B6: 0.06mg (2.95%), Calcium: 28.66mg (2.87%), Vitamin A: 132.26IU (2.65%), Iron: 0.47mg (2.63%), Vitamin B3: 0.43mg (2.13%), Zinc: 0.29mg (1.91%), Vitamin B5: 0.16mg (1.58%)