



Rose Petal Fruit Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



63 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 cups blueberries rinsed
- 3.5 cups nectarines sliced
- 2 tablespoons raspberry vinegar
- 0.3 cup rose petals rinsed drained
- 1.5 teaspoons rose flower water
- 0.3 cup johnny-jump-ups rinsed drained (stems pinched off)
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Equipment

bowl

Directions

Arrange berries and nectarines on a platter; sprinkle flowers over fruit.

In a small bowl, mix vinegar with rose flower water to taste. Spoon evenly over salad. Season to taste with salt.

Nutrition Facts

PROTEIN 7.24% **FAT 4.9%** **CARBS 87.86%**

Properties

Glycemic Index:20.5, Glycemic Load:4.56, Inflammation Score:-5, Nutrition Score:5.4900000171493%

Flavonoids

Cyanidin: 4.91mg, Cyanidin: 4.91mg, Cyanidin: 4.91mg, Cyanidin: 4.91mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 4.44mg, Catechin: 4.44mg, Catechin: 4.44mg, Catechin: 4.44mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg Galliccatechin: 0.04mg, Galliccatechin: 0.04mg, Galliccatechin: 0.04mg, Galliccatechin: 0.04mg

Nutrients (% of daily need)

Calories: 63.24kcal (3.16%), Fat: 0.37g (0.57%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 15.09g (5.03%), Net Carbohydrates: 11.68g (4.25%), Sugar: 10.42g (11.58%), Cholesterol: 0mg (0%), Sodium: 11.68mg (0.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.24g (2.49%), Vitamin C: 28.55mg (34.61%), Fiber: 3.41g (13.66%), Manganese: 0.24mg (11.79%), Vitamin A: 526.85IU (10.54%), Vitamin K: 10.18µg (9.7%), Vitamin E: 1.03mg (6.86%), Vitamin B3: 1.16mg (5.79%), Copper: 0.1mg (4.79%), Potassium: 164.12mg (4.69%), Magnesium: 13.63mg (3.41%), Phosphorus: 29.76mg (2.98%), Vitamin B1: 0.04mg (2.86%), Vitamin B2: 0.05mg (2.73%), Vitamin B5: 0.24mg (2.43%), Iron: 0.42mg (2.33%), Vitamin B6: 0.04mg (2.21%), Folate: 7.38µg (1.85%), Zinc: 0.25mg (1.66%), Calcium: 13.18mg (1.32%)