



Salad of Papaya, Mango, and Grapefruit



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



70 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 2 tablespoons olive oil extravirgin
- ☐ 3 tablespoons mint leaves fresh chopped
- ☐ 2 cups grapefruit sections 2 large grapefruit
- ☐ 12 slices lime
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 mangoes ripe peeled cut into 12 wedges
- ☐ 1 papaya ripe peeled cut into thin slices

☐ 0.3 teaspoon salt

Equipment

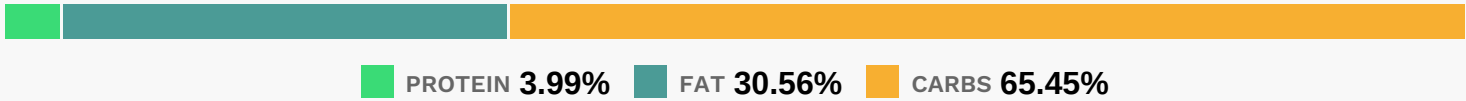
☐ bowl

☐ whisk

Directions

- ☐ Combine first 3 ingredients in a large bowl.
- ☐ Combine juice, oil, salt, and pepper, stirring with a whisk.
- ☐ Drizzle dressing over fruit; sprinkle with mint. Toss gently to combine.
- ☐ Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:16.63, Glycemic Load:4.65, Inflammation Score:-7, Nutrition Score:5.6004348138104%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 0.92mg, Hesperetin: 0.92mg, Hesperetin: 0.92mg, Hesperetin: 0.92mg Naringenin: 12.56mg, Naringenin: 12.56mg, Naringenin: 12.56mg, Naringenin: 12.56mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 70.17kcal (3.51%), Fat: 2.6g (4%), Saturated Fat: 0.39g (2.41%), Carbohydrates: 12.53g (4.18%), Net Carbohydrates: 10.79g (3.92%), Sugar: 9.41g (10.45%), Cholesterol: 0mg (0%), Sodium: 51.33mg (2.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.76g (1.53%), Vitamin C: 41.38mg (50.16%), Vitamin A: 1109.75IU (22.2%), Folate: 30.95µg (7.74%), Fiber: 1.74g (6.96%), Vitamin E: 0.78mg (5.2%), Potassium: 167.18mg (4.78%), Vitamin B6: 0.07mg (3.7%), Vitamin K: 3.57µg (3.4%), Copper: 0.07mg (3.39%), Magnesium: 13.52mg (3.38%), Manganese:

0.06mg (2.92%), Vitamin B5: 0.23mg (2.27%), Vitamin B1: 0.03mg (2.26%), Vitamin B3: 0.43mg (2.13%), Calcium: 21.16mg (2.12%), Vitamin B2: 0.04mg (2.1%), Phosphorus: 15.74mg (1.57%), Iron: 0.24mg (1.31%)