



Speedy Honey-Lime Fruit Salad



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



8

CALORIES



222 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup the dressing refrigerated
- ☐ 3 tablespoons honey
- ☐ 1 teaspoon lime zest grated
- ☐ 1.5 teaspoons juice of lime fresh
- ☐ 8 cups fruit fresh (from deli)

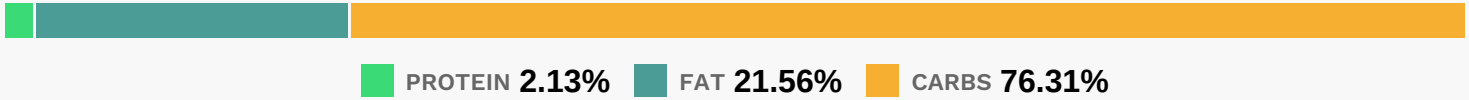
Equipment

- ☐ bowl

Directions

- ☐ In small bowl, mix coleslaw dressing, honey, lime peel and lime juice until well blended.
- ☐ Just before serving, in large serving bowl, gently mix fruit salad and dressing mixture to coat.

Nutrition Facts



Properties

Glycemic Index:10.53, Glycemic Load:3.39, Inflammation Score:-5, Nutrition Score:4.8517391208721%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 222.46kcal (11.12%), Fat: 5.63g (8.66%), Saturated Fat: 0.86g (5.36%), Carbohydrates: 44.81g (14.94%), Net Carbohydrates: 41g (14.91%), Sugar: 36.46g (40.51%), Cholesterol: 6.41mg (2.14%), Sodium: 145mg (6.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.25g (2.5%), Vitamin K: 21.24µg (20.23%), Fiber: 3.82g (15.27%), Vitamin A: 726.18IU (14.52%), Copper: 0.18mg (9.19%), Vitamin C: 5.7mg (6.91%), Potassium: 221.85mg (6.34%), Vitamin B3: 0.95mg (4.75%), Iron: 0.82mg (4.56%), Manganese: 0.09mg (4.37%), Vitamin B2: 0.07mg (4.04%), Phosphorus: 35.49mg (3.55%), Vitamin E: 0.48mg (3.23%), Magnesium: 12.57mg (3.14%), Vitamin B1: 0.03mg (2.27%), Vitamin B6: 0.04mg (2.07%), Zinc: 0.26mg (1.71%), Folate: 5.64µg (1.41%), Calcium: 13.94mg (1.39%), Vitamin B5: 0.12mg (1.25%), Selenium: 0.81µg (1.16%)