



Strawberry Citrus Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



111 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons mint leaves fresh thinly sliced
- 2 tablespoons brown sugar packed ()
- 3 large navel oranges peeled sliced cut into 3/4-inch pieces (3 cups)
- 3 cups strawberries hulled sliced (one 22-ounce basket)

Equipment

- bowl

Directions

- Toss all ingredients in large bowl.
- Let stand at room temperature 30 minutes.

Nutrition Facts



■ PROTEIN 5.81% ■ FAT 3.71% ■ CARBS 90.48%

Properties

Glycemic Index:10, Glycemic Load:2.45, Inflammation Score:-7, Nutrition Score:10.474347840185%

Flavonoids

Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 26.84mg, Pelargonidin: 26.84mg, Pelargonidin: 26.84mg, Pelargonidin: 26.84mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 3.36mg, Catechin: 3.36mg, Catechin: 3.36mg, Catechin: 3.36mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 23.22mg, Hesperetin: 23.22mg, Hesperetin: 23.22mg, Hesperetin: 23.22mg Naringenin: 7.74mg, Naringenin: 7.74mg, Naringenin: 7.74mg, Naringenin: 7.74mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg

Nutrients (% of daily need)

Calories: 110.56kcal (5.53%), Fat: 0.5g (0.78%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 27.72g (9.24%), Net Carbohydrates: 23.05g (8.38%), Sugar: 20.03g (22.25%), Cholesterol: 0mg (0%), Sodium: 4.59mg (0.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.78g (3.56%), Vitamin C: 126.35mg (153.16%), Manganese: 0.48mg (24.03%), Fiber: 4.67g (18.68%), Folate: 64.53µg (16.13%), Potassium: 361.74mg (10.34%), Vitamin A: 378.51IU (7.57%), Calcium: 73.49mg (7.35%), Magnesium: 28.13mg (7.03%), Vitamin B6: 0.14mg (6.97%), Vitamin B1: 0.1mg (6.62%), Phosphorus: 52.13mg (5.21%), Copper: 0.1mg (5.19%), Vitamin B2: 0.08mg (4.94%), Vitamin B3: 0.91mg (4.56%), Vitamin B5: 0.43mg (4.25%), Iron: 0.75mg (4.16%), Vitamin E: 0.47mg (3.14%), Vitamin K: 2.38µg (2.26%), Zinc: 0.26mg (1.76%)