



Summer Fruit Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



66 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 cups arugula loosely packed
- 2 avocados thinly sliced
- 0.3 cup cilantro leaves fresh chopped
- 2 teaspoons ginger fresh grated
- 2 cups grapes green seedless halved
- 0.3 cup green onions thinly sliced
- 1 mangos julienned
- 0.5 cup bottled poppy seed dressing

1 cup strawberries fresh diced

Equipment

bowl

whisk

Directions

Whisk together dressing and grated ginger in a large bowl.

Cut avocado slices in half crosswise; gently toss with dressing mixture.

Add arugula and remaining ingredients; gently toss to coat.

Serve immediately.

Pair with: Tramin Gewrztraminer, Italy or Vouvray.

Nutrition Facts



PROTEIN 6.82% **FAT 51.34%** **CARBS 41.84%**

Properties

Glycemic Index:14.69, Glycemic Load:2.28, Inflammation Score:-4, Nutrition Score:5.0413043602653%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.79mg, Pelargonidin: 1.79mg, Pelargonidin: 1.79mg, Pelargonidin: 1.79mg Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 65.82kcal (3.29%), Fat: 4.11g (6.32%), Saturated Fat: 0.56g (3.53%), Carbohydrates: 7.54g (2.51%), Net Carbohydrates: 5.15g (1.87%), Sugar: 4.43g (4.93%), Cholesterol: 0mg (0%), Sodium: 3.93mg (0.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.23g (2.46%), Vitamin K: 14.59µg (13.89%), Vitamin C: 11.42mg (13.84%), Manganese: 0.26mg (12.87%), Fiber: 2.39g (9.54%), Folate: 29.64µg (7.41%), Copper: 0.12mg (5.9%), Potassium: 192.79mg (5.51%), Vitamin A: 273.04IU (5.46%), Calcium: 49.63mg (4.96%), Magnesium: 19.8mg (4.95%), Vitamin B6: 0.09mg (4.54%), Vitamin E: 0.63mg (4.22%), Phosphorus: 41.11mg (4.11%), Vitamin B1: 0.05mg (3.5%), Vitamin B5: 0.34mg (3.44%), Iron: 0.54mg (2.98%), Vitamin B2: 0.05mg (2.91%), Vitamin B3: 0.52mg (2.6%), Zinc: 0.38mg (2.54%)