



## Summer Fruit Salad with a Lemon, Honey, and Mint Dressing



Vegetarian



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



8

CALORIES



106 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 1 anjou pear red cut into cubes
- ☐ 0.3 cup mint leaves fresh minced (chocolate mint preferred)
- ☐ 1 cup grapes seedless halved
- ☐ 1 tablespoon honey (fireweed honey preferred)
- ☐ 8 servings juice of lemon fresh
- ☐ 0.5 lemon zest
- ☐ 2 large nectarines cut into cubes

- ☐ 2 large peaches fresh cut into cubes
- ☐ 2 cups strawberries fresh sliced
- ☐ 4 cups watermelon cubed seeded

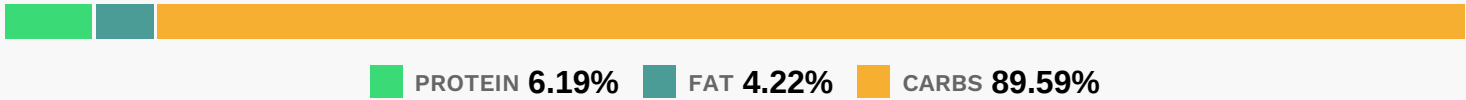
## Equipment

- ☐ bowl
- ☐ whisk
- ☐ mixing bowl

## Directions

- ☐ Combine watermelon, strawberries, peaches, nectarines, pear, and grapes in a large mixing bowl.
- ☐ Whisk lemon juice, mint, lemon zest, and honey together in a small bowl; drizzle over the fruit mixture and toss to coat.
- ☐ Refrigerate 1 hour before serving.

## Nutrition Facts



## Properties

Glycemic Index:41.62, Glycemic Load:11.29, Inflammation Score:-7, Nutrition Score:7.4095652621725%

## Flavonoids

Cyanidin: 2.73mg, Cyanidin: 2.73mg, Cyanidin: 2.73mg, Cyanidin: 2.73mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 4.49mg, Catechin: 4.49mg, Catechin: 4.49mg, Catechin: 4.49mg Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg Epicatechin: 3mg, Epicatechin: 3mg, Epicatechin: 3mg, Epicatechin: 3mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Eriodictyol: 1.17mg, Eriodictyol: 1.17mg, Eriodictyol: 1.17mg, Eriodictyol: 1.17mg Hesperetin: 2.31mg, Hesperetin: 2.31mg, Hesperetin: 2.31mg, Hesperetin: 2.31mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin:

0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 106.05kcal (5.3%), Fat: 0.56g (0.86%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 26.77g (8.92%), Net Carbohydrates: 23.44g (8.52%), Sugar: 20.86g (23.18%), Cholesterol: 0mg (0%), Sodium: 13.19mg (0.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.85g (3.7%), Vitamin C: 38.56mg (46.74%), Vitamin A: 787.71IU (15.75%), Fiber: 3.33g (13.31%), Manganese: 0.26mg (13.01%), Potassium: 331.94mg (9.48%), Copper: 0.17mg (8.29%), Vitamin K: 6.7µg (6.38%), Magnesium: 24.3mg (6.08%), Vitamin B3: 1.18mg (5.89%), Folate: 22.52µg (5.63%), Vitamin E: 0.79mg (5.24%), Vitamin B6: 0.1mg (5.22%), Vitamin B1: 0.08mg (5.21%), Phosphorus: 45.59mg (4.56%), Iron: 0.8mg (4.45%), Vitamin B2: 0.07mg (4.37%), Vitamin B5: 0.4mg (4%), Zinc: 0.37mg (2.49%), Calcium: 22.48mg (2.25%), Selenium: 1.45µg (2.07%)