



Summer Fruit Salad with Lemon-and-Honey Syrup

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



164 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 pound apricots pitted quartered
- 3 cups cantaloupe peeled chopped
- 6 figs fresh quartered
- 0.5 cup mint leaves fresh chopped
- 2 cups grapes seedless
- 0.3 cup honey
- 2 tablespoons juice of lemon fresh

- 1.5 cups peaches peeled chopped (2 peaches)
- 0.5 pound cherries sweet pitted halved
- 0.5 teaspoon vanilla extract
- 1 cup water

Equipment

- bowl
- sauce pan

Directions

- To prepare syrup, combine first 4 ingredients in a small saucepan. Bring to a boil; reduce heat to medium, and cook until mixture is reduced to 1/4 cup (about 15 minutes).
- To prepare salad, place cantaloupe and the next 5 ingredients (cantaloupe through apricots) in a large bowl.
- Pour syrup over fruit; toss gently to coat. Cover and chill 1 hour, stirring occasionally. Toss with mint just before serving.

Nutrition Facts



PROTEIN 4.78% **FAT 2.79%** **CARBS 92.43%**

Properties

Glycemic Index:41.34, Glycemic Load:18.71, Inflammation Score:-9, Nutrition Score:8.8899999286817%

Flavonoids

Cyanidin: 9.31mg, Cyanidin: 9.31mg, Cyanidin: 9.31mg, Cyanidin: 9.31mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 0.43mg, Peonidin: 0.43mg, Peonidin: 0.43mg, Peonidin: 0.43mg Catechin: 4.29mg, Catechin: 4.29mg, Catechin: 4.29mg, Catechin: 4.29mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 3.62mg, Epicatechin: 3.62mg, Epicatechin: 3.62mg, Epicatechin: 3.62mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 1.05mg, Eriodictyol: 1.05mg, Eriodictyol: 1.05mg, Eriodictyol: 1.05mg Hesperetin: 0.83mg, Hesperetin: 0.83mg, Hesperetin: 0.83mg, Hesperetin: 0.83mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.74mg,

Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg

Nutrients (% of daily need)

Calories: 164.25kcal (8.21%), Fat: 0.56g (0.86%), Saturated Fat: 0.11g (0.66%), Carbohydrates: 41.88g (13.96%), Net Carbohydrates: 38.11g (13.86%), Sugar: 37.09g (41.21%), Cholesterol: 0mg (0%), Sodium: 26.14mg (1.14%), Alcohol: 0.09g (100%), Alcohol %: 0.04% (100%), Protein: 2.17g (4.33%), Vitamin A: 2885.35IU (57.71%), Vitamin C: 16.92mg (20.51%), Fiber: 3.77g (15.07%), Potassium: 452.47mg (12.93%), Vitamin K: 11.29µg (10.75%), Copper: 0.21mg (10.33%), Manganese: 0.2mg (10.2%), Vitamin B6: 0.14mg (7.2%), Magnesium: 28.16mg (7.04%), Vitamin B1: 0.1mg (6.95%), Vitamin B2: 0.1mg (6.16%), Vitamin B3: 1.15mg (5.77%), Iron: 1.02mg (5.66%), Folate: 21.06µg (5.27%), Phosphorus: 44.76mg (4.48%), Vitamin E: 0.63mg (4.21%), Calcium: 39.65mg (3.96%), Vitamin B5: 0.39mg (3.87%), Zinc: 0.56mg (3.71%), Selenium: 1.88µg (2.69%)