

Tangy Poppy Seed Fruit Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



173 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup grapes seedless
- 1 tablespoon honey
- 1 kiwi fruit peeled halved sliced
- 2 tablespoons juice of lime
- 0.3 teaspoon lime zest grated
- 1 cranberry-orange relish peeled
- 20 ounce pineapple chunks with juice reserved drained canned
- 1 teaspoon poppy seeds

1 cup strawberries quartered

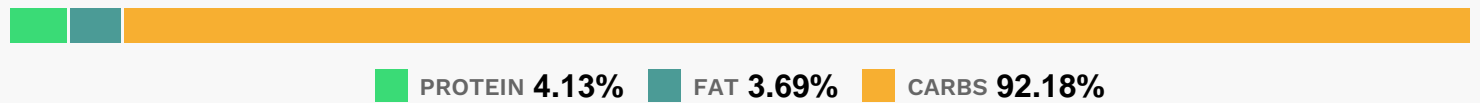
Equipment

bowl

Directions

In a large bowl, toss pineapple, orange, kiwi, grapes and strawberries. In a small cup or bowl, combine lime zest, lime juice, honey, poppy seeds and 1/4 cup reserved pineapple juice. Stir well and toss with fruit.

Nutrition Facts



Properties

Glycemic Index:67.61, Glycemic Load:8.69, Inflammation Score:-6, Nutrition Score:10.526956687803%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg 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: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 9.65mg, Hesperetin: 9.65mg, Hesperetin: 9.65mg, Hesperetin: 9.65mg Naringenin: 5.14mg, Naringenin: 5.14mg, Naringenin: 5.14mg, Naringenin: 5.14mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 173.01kcal (8.65%), Fat: 0.78g (1.2%), Saturated Fat: 0.08g (0.52%), Carbohydrates: 43.88g (14.63%), Net Carbohydrates: 39.32g (14.3%), Sugar: 37.39g (41.55%), Cholesterol: 0mg (0%), Sodium: 4.23mg (0.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.97g (3.94%), Vitamin C: 72.44mg (87.8%), Fiber: 4.56g (18.24%),

Vitamin K: 16.51µg (15.72%), Vitamin B1: 0.22mg (14.81%), Copper: 0.28mg (13.92%), Manganese: 0.25mg (12.61%), Potassium: 424.3mg (12.12%), Vitamin B6: 0.2mg (9.76%), Magnesium: 38.81mg (9.7%), Folate: 33.7µg (8.43%), Calcium: 65.47mg (6.55%), Vitamin B2: 0.09mg (5.11%), Iron: 0.87mg (4.84%), Phosphorus: 46.24mg (4.62%), Vitamin B3: 0.81mg (4.06%), Vitamin A: 197.4IU (3.95%), Vitamin E: 0.59mg (3.93%), Zinc: 0.35mg (2.34%), Vitamin B5: 0.2mg (2.03%), Selenium: 1.11µg (1.58%)