



Tropical Fruit Salad with Poppy Seed Dressing

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



162 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.8 cup banana sliced
- 2 tablespoons coconut or toasted
- 0.7 cup kiwi fruit peeled sliced
- 2 tablespoons apricot preserves
- 1.5 cups papaya peeled seeded sliced
- 1 small pineapple cored peeled cut into wedges
- 0.5 cup yogurt plain
- 0.3 teaspoon poppy seeds

0.5 cup grapes red seedless

Equipment

bowl

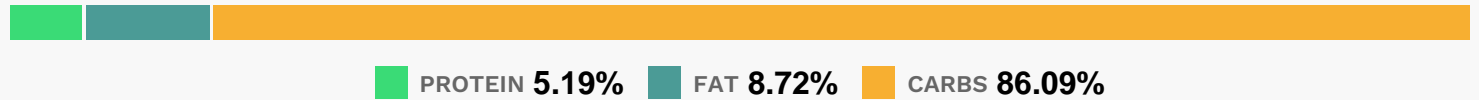
Directions

In small bowl, mix dressing ingredients.

On serving platter, arrange fruit in decorative pattern; sprinkle with coconut.

Drizzle dressing over salad.

Nutrition Facts



Properties

Glycemic Index:50.81, Glycemic Load:16.63, Inflammation Score:-7, Nutrition Score:14.275652269306%

Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 162.39kcal (8.12%), Fat: 1.73g (2.66%), Saturated Fat: 1g (6.28%), Carbohydrates: 38.38g (12.79%), Net Carbohydrates: 34.29g (12.47%), Sugar: 27.55g (30.61%), Cholesterol: 2.65mg (0.88%), Sodium: 18.16mg (0.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.32g (4.63%), Vitamin C: 110.88mg (134.4%), Manganese: 1.53mg (76.4%), Fiber: 4.09g (16.37%), Vitamin B6: 0.28mg (14.15%), Copper: 0.26mg (12.82%), Folate: 51.25µg (12.81%), Potassium: 401.82mg (11.48%), Vitamin K: 11.87µg (11.3%), Vitamin B1: 0.16mg (10.34%), Vitamin A: 491.28IU (9.83%), Magnesium: 38.22mg (9.56%), Vitamin B2: 0.12mg (6.83%), Calcium: 63.76mg (6.38%), Vitamin B5: 0.58mg (5.79%), Vitamin B3: 1.13mg (5.64%), Phosphorus: 51.46mg (5.15%), Iron: 0.76mg (4.23%), Vitamin E: 0.46mg (3.07%), Zinc: 0.43mg (2.84%), Selenium: 1.37µg (1.95%), Vitamin B12: 0.08µg (1.26%)