



Winter Fruit Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



8

CALORIES



237 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



4 grapefruit



6 kiwis



8 oranges



1 pineapple



1.5 cups pomegranate seeds

Equipment



bowl



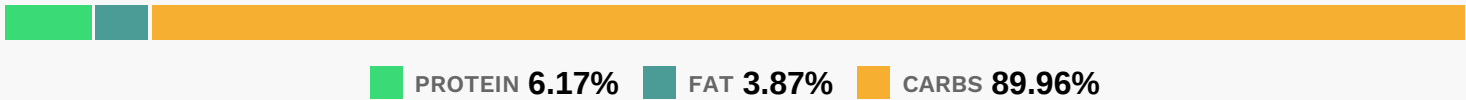
knife

☐ cutting board

Directions

- ☐ On a cutting board, using a sharp knife, cut off top and bottom of an orange. Moving the orange around and cutting top to bottom, slice off the peel and white pith. Working over a large bowl, cut in between membranes to remove orange segments, catching juice in bowl as you go. Repeat with remaining oranges and grapefruit.
- ☐ Cut off top and bottom of pineapple.
- ☐ Remove rough outside of pineapple by slicing it off from top to bottom.
- ☐ Cut pineapple in half lengthwise, then cut each half in half again, also lengthwise. Slice out core.
- ☐ Cut pineapple into chunks; add to bowl. Peel kiwis and cut in half lengthwise. Slice kiwis into bowl with other fruit. Gently toss fruit to mix. Cover and chill for at least 2 hours.
- ☐ Sprinkle fruit salad with pomegranate seeds just before serving, if desired.

Nutrition Facts



Properties

Glycemic Index:30.73, Glycemic Load:22.89, Inflammation Score:-9, Nutrition Score:19.791304412095%

Flavonoids

Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Hesperetin: 36.15mg, Hesperetin: 36.15mg, Hesperetin: 36.15mg, Hesperetin: 36.15mg Naringenin: 61.85mg, Naringenin: 61.85mg, Naringenin: 61.85mg, Naringenin: 61.85mg Luteolin: 1.53mg, Luteolin: 1.53mg, Luteolin: 1.53mg, Luteolin: 1.53mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 237kcal (11.85%), Fat: 1.13g (1.74%), Saturated Fat: 0.11g (0.71%), Carbohydrates: 59.28g (19.76%), Net Carbohydrates: 49.23g (17.9%), Sugar: 42.56g (47.29%), Cholesterol: 0mg (0%), Sodium: 5.47mg (0.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.13%), Vitamin C: 217.82mg (264.03%), Manganese: 1.21mg (60.65%), Fiber: 10.05g (40.21%), Vitamin A: 1891.74IU (37.83%), Vitamin K: 33.34µg (31.75%), Folate: 105.73µg (26.43%), Potassium: 740.92mg (21.17%), Vitamin B1: 0.3mg (19.83%), Copper: 0.36mg (18.22%), Vitamin B6: 0.34mg (16.89%), Magnesium: 52.81mg (13.2%), Calcium: 122.23mg (12.22%), Vitamin B5: 1.14mg (11.45%), Vitamin E: 1.5mg (9.98%), Vitamin B2: 0.16mg (9.51%), Phosphorus: 84.71mg (8.47%), Vitamin B3: 1.54mg (7.69%), Iron: 0.82mg (4.54%), Zinc: 0.52mg (3.47%), Selenium: 1.19µg (1.69%)