



Winter Jeweled Fruit Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



86 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 blood oranges peeled
- ☐ 2 clementines peeled
- ☐ 0.1 teaspoon sea salt
- ☐ 0.3 teaspoon ground pepper red
- ☐ 2 tablespoons honey
- ☐ 0.5 cup julienne-cut jicama peeled
- ☐ 0.3 cup kumquats seeded sliced (6 medium)
- ☐ 2 tablespoons juice of lime fresh

- ☐ 2 medium mangoes ripe peeled cut into thin slices
- ☐ 1 pears thinly sliced
- ☐ 0.5 cup pomegranate seeds (1 pomegranate)

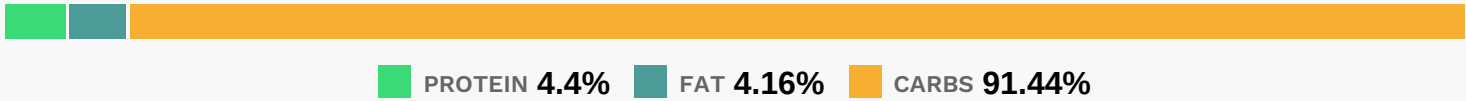
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 7 ingredients in a large bowl; toss gently.
- ☐ Combine lime juice, honey, pepper, and salt in a small bowl, stirring well with a whisk.
- ☐ Pour over fruit; toss gently to coat.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:45.91, Glycemic Load:9.36, Inflammation Score:-6, Nutrition Score:5.6134782303935%

Flavonoids

Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg Epicatechin: 0.84mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 1.22mg, Hesperetin: 1.22mg, Hesperetin: 1.22mg, Hesperetin: 1.22mg Naringenin: 3.21mg, Naringenin: 3.21mg, Naringenin: 3.21mg, Naringenin: 3.21mg Apigenin: 1.03mg, Apigenin: 1.03mg, Apigenin: 1.03mg, Apigenin: 1.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

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Nutrients (% of daily need)

Calories: 85.99kcal (4.3%), Fat: 0.44g (0.68%), Saturated Fat: 0.07g (0.46%), Carbohydrates: 21.81g (7.27%), Net Carbohydrates: 18.74g (6.82%), Sugar: 17.63g (19.59%), Cholesterol: 0mg (0%), Sodium: 38.67mg (1.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.05g (2.1%), Vitamin C: 36.5mg (44.25%), Vitamin A: 616.05IU (12.32%), Fiber: 3.07g (12.27%), Folate: 35.44µg (8.86%), Potassium: 204.9mg (5.85%), Copper: 0.11mg (5.64%), Vitamin B6: 0.1mg (5.04%), Vitamin K: 4.93µg (4.7%), Vitamin E: 0.67mg (4.45%), Manganese: 0.08mg (3.9%), Vitamin B1: 0.05mg (3.15%), Magnesium: 12.56mg (3.14%), Vitamin B3: 0.59mg (2.96%), Vitamin B2: 0.05mg (2.79%), Vitamin B5: 0.22mg (2.16%), Phosphorus: 21.22mg (2.12%), Calcium: 20.42mg (2.04%), Iron: 0.3mg (1.68%), Zinc: 0.16mg (1.04%)