

Minted Honey Lime Fruit Salad

Ingredients:

- 1 tsp. grated lime peel
- 2 tbsp. lime juice, fresh
- 3 tbsp. honey
- 3 tbsp. chopped fresh mint
- ½ honeydew, cubed
- ½ cantaloupe, cubed
- 1 pint fresh strawberries, halved and hulled
- 2 cup fresh cubed pineapple



Nutrition Facts			
Serving Size 1 cup (211g)			
Servings Per Container 8			
Amount Per Serving			
Calories 110		Calories from Fat 0	
% Daily Value*			
Total Fat 0g		0%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 30mg		1%	
Total Carbohydrate 28g		9%	
Dietary Fiber 2g		8%	
Sugars 24g			
Protein 1g			
Vitamin A 25% • Vitamin C 120%			
Calcium 2% • Iron 4%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			



*GLUTEN-FREE



*DAIRY FREE



*SOY FREE

Directions:

1. Stir together the lime peel, juice, honey and mint in a large bowl until combined well. Add the honeydew, cantaloupe, strawberries and pineapple. Toss to combine.