



Winter Fruit Salad with Maple-Lime Dressing

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Winter Fruit Salad with Maple-Lime Dressing is a healthy and gluten-free salad that utilizes seasonal winter fruit. The ingredient list includes red apples, pears, clementine oranges (or mandarin oranges), kiwi fruit, dried cranberries, and pomegranate seeds. This salad is a perfect holiday side dish for Thanksgiving, Christmas, or New Year's Eve.

Course	Salad
Cuisine	American
Keyword	fruit salad, winter fruit salad, winter salad
Prep Time	20 minutes
Cook Time	10 minutes
Total Time	30 minutes
Servings	6 servings
Calories	196kcal
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Ingredients

Winter Fruit Salad:

- 2 red apples cored and diced
- 2 pears cored and diced
- 4 clementine oranges peeled and separated into segments
- 3 kiwi fruit peeled and sliced into thin rounds and then slice rounds into quarters
- 1/2 cup dried cranberries
- 1 cup pomegranate seeds

Maple Lime Dressing:

- 2 tablespoons maple syrup
- 1 tablespoon lime juice freshly squeezed

Instructions

1. Combine all salad ingredients (except the dressing ingredients) in a large bowl.
2. In a separate small bowl, whisk together the dressing ingredients (maple syrup and lime juice).
3. Pour the dressing over the salad and gently toss to coat.
4. Serve immediately.

Nutrition

Calories: 196kcal | Carbohydrates: 50g | Protein: 1g | Fat: 1g | Sodium: 5mg | Potassium: 452mg | Fiber: 7g | Sugar: 36g | Vitamin A: 485IU | Vitamin C: 66.7mg | Calcium: 56mg | Iron: 0.5mg