

# Persimmon Pomegranate Fruit Salad

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-persimmon-pie-recipe>

## Ingredients:

- 3 Fuyu persimmons peeled, chopped, 1/4 to 1/2 inch pieces, seeds, if any discarded
- 3/4 cup pomegranate seeds
- 1 Granny Smith apple peeled, cored, chopped, 1/4 to 1/2 inch pieces
- 10 leaves fresh mint thinly sliced crosswise, stack them, then roll them up like a cigar and take slices from the end
- 2 teaspoons lemon juice
- 1 teaspoon honey

## Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 21 grams
3. Fiber: 2 grams
4. Protein: 1 grams
5. Sugar: 11 grams

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