



Ann's Fantastic Fruit Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



218 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 bananas sliced
- ☐ 2 granny smith apples diced cored peeled
- ☐ 1 ruby grapefruit – red peeled chopped
- ☐ 1 cup grapes halved
- ☐ 10 ounce maraschino cherries halved drained
- ☐ 1 large navel orange – peeled chopped
- ☐ 15 1 (15 ounce) can pineapple chunks drained canned (juice reserved)
- ☐ 0.5 cup coconut or sweetened flaked

- ☐ 0.5 cup walnuts chopped
- ☐ 1 teaspoon sugar white to taste

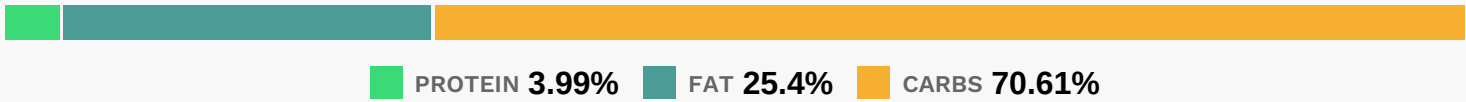
Equipment

- ☐ bowl
- ☐ wooden spoon

Directions

- ☐ Mix grapefruit, orange, apples, pineapple, maraschino cherries, and grapes in a large bowl. Mash slightly with the back of a wooden spoon to release juices.
- ☐ Add bananas, coconut, walnuts, and sugar; stir to coat. Cover and refrigerate to blend flavors, at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:30.98, Glycemic Load:7.57, Inflammation Score:-5, Nutrition Score:7.4526087460311%

Flavonoids

Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.39mg, Catechin: 2.39mg, Catechin: 2.39mg, Catechin: 2.39mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Hesperetin: 3.93mg, Hesperetin: 3.93mg, Hesperetin: 3.93mg, Hesperetin: 3.93mg Naringenin: 11.28mg, Naringenin: 11.28mg, Naringenin: 11.28mg, Naringenin: 11.28mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 218kcal (10.9%), Fat: 6.61g (10.17%), Saturated Fat: 1.93g (12.06%), Carbohydrates: 41.33g (13.78%), Net Carbohydrates: 36.25g (13.18%), Sugar: 31.52g (35.03%), Cholesterol: 0mg (0%), Sodium: 18.03mg (0.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.34g (4.67%), Vitamin C: 25.47mg (30.87%), Manganese: 0.43mg

(21.28%), Fiber: 5.08g (20.32%), Copper: 0.26mg (13.03%), Vitamin B6: 0.22mg (10.87%), Vitamin A: 471.1IU (9.42%), Potassium: 322.11mg (9.2%), Magnesium: 32.22mg (8.05%), Folate: 25.01µg (6.25%), Phosphorus: 56.64mg (5.66%), Vitamin B1: 0.08mg (5.51%), Calcium: 47.57mg (4.76%), Vitamin B2: 0.08mg (4.55%), Vitamin K: 4.65µg (4.43%), Iron: 0.7mg (3.87%), Vitamin B5: 0.33mg (3.3%), Zinc: 0.47mg (3.13%), Vitamin B3: 0.54mg (2.68%), Selenium: 1.64µg (2.34%), Vitamin E: 0.28mg (1.89%)