



Autumn Fruit Salad

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



55 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 cups apples chopped
- 1.8 cups banana sliced
- 0.3 cup firmly brown sugar packed
- 8 ounce carton cream sour low-fat
- 0.5 teaspoon ground cinnamon
- 1.3 cups orange sections fresh
- 1.5 cups pears chopped

Equipment

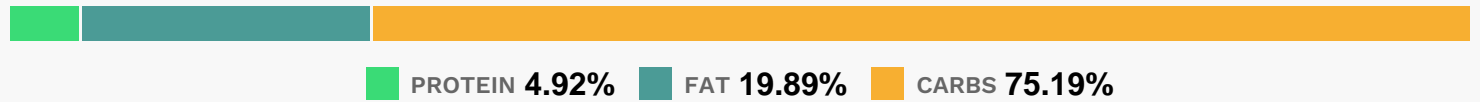
bowl

Directions

Combine first 3 ingredients, stirring well.

Combine banana and remaining 3 ingredients in a large bowl; toss well. To serve, spoon sour cream mixture evenly over fruit.

Nutrition Facts



Properties

Glycemic Index:8.55, Glycemic Load:2.78, Inflammation Score:-1, Nutrition Score:1.9665217360725%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 1.16mg, Epicatechin: 1.16mg, Epicatechin: 1.16mg, Epicatechin: 1.16mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Hesperetin: 3.07mg, Hesperetin: 3.07mg, Hesperetin: 3.07mg, Hesperetin: 3.07mg Naringenin: 1.72mg, Naringenin: 1.72mg, Naringenin: 1.72mg, Naringenin: 1.72mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 54.72kcal (2.74%), Fat: 1.29g (1.99%), Saturated Fat: 0.77g (4.81%), Carbohydrates: 10.99g (3.66%), Net Carbohydrates: 9.76g (3.55%), Sugar: 7.5g (8.33%), Cholesterol: 3.97mg (1.32%), Sodium: 10.53mg (0.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.72g (1.44%), Vitamin C: 8.18mg (9.92%), Fiber: 1.24g (4.95%), Potassium: 119.3mg (3.41%), Vitamin B6: 0.07mg (3.29%), Manganese: 0.06mg (2.89%), Calcium: 25.58mg (2.56%), Folate: 8.4µg (2.1%), Vitamin B2: 0.03mg (1.96%), Magnesium: 7.39mg (1.85%), Vitamin A: 79.14IU (1.58%), Copper: 0.03mg (1.55%), Phosphorus: 15.14mg (1.51%), Vitamin B1: 0.02mg (1.43%)