



Berries and Banana Fruit Salad



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



15 min.

SERVINGS



6

CALORIES



84 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups strawberries hulled roughly chopped
- ☐ 1 handful raspberries
- ☐ 1 cup blueberries
- ☐ 1 apples cored peeled roughly chopped
- ☐ 2 bananas peeled sliced
- ☐ 0.5 teaspoon lemon zest
- ☐ 2 teaspoons juice of lemon
- ☐ 1 teaspoon honey

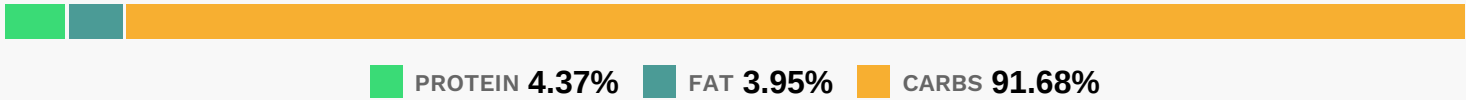
Equipment

☐ bowl

Directions

- ☐ Prep the berries before the bananas and apples, and add them to a large bowl.
- ☐ As soon as you add the bananas and apples, sprinkle lemon juice over them to keep them from getting brown.
- ☐ Add the zest and the honey and gently toss to combine.
- ☐ Serve immediately. Or cover and chill for up to 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:40.84, Glycemic Load:8.25, Inflammation Score:-4, Nutrition Score:6.0173913499583%

Flavonoids

Cyanidin: 3.45mg, Cyanidin: 3.45mg, Cyanidin: 3.45mg, Cyanidin: 3.45mg Petunidin: 7.83mg, Petunidin: 7.83mg, Petunidin: 7.83mg, Petunidin: 7.83mg Delphinidin: 8.89mg, Delphinidin: 8.89mg, Delphinidin: 8.89mg, Delphinidin: 8.89mg Malvidin: 16.68mg, Malvidin: 16.68mg, Malvidin: 16.68mg, Malvidin: 16.68mg Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg Peonidin: 5.04mg, Peonidin: 5.04mg, Peonidin: 5.04mg, Peonidin: 5.04mg Catechin: 5.59mg, Catechin: 5.59mg, Catechin: 5.59mg, Catechin: 5.59mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 2.65mg, Epicatechin: 2.65mg, Epicatechin: 2.65mg, Epicatechin: 2.65mg Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 3.67mg, Quercetin: 3.67mg, Quercetin: 3.67mg, Quercetin: 3.67mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 84.28kcal (4.21%), Fat: 0.41g (0.63%), Saturated Fat: 0.07g (0.42%), Carbohydrates: 21.54g (7.18%), Net Carbohydrates: 18.2g (6.62%), Sugar: 13.77g (15.3%), Cholesterol: 0mg (0%), Sodium: 1.5mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.03g (2.05%), Vitamin C: 36.34mg (44.05%), Manganese: 0.39mg (19.36%), Fiber: 3.34g (13.35%), Vitamin B6: 0.19mg (9.68%), Potassium: 268.55mg (7.67%), Vitamin K: 6.69µg (6.37%), Folate: 22.19µg (5.55%), Magnesium: 20.04mg (5.01%), Copper: 0.08mg (3.85%), Vitamin B2: 0.06mg (3.42%), Vitamin B3: 0.58mg (2.91%), Phosphorus: 26.72mg (2.67%), Vitamin B1: 0.04mg (2.57%), Vitamin E: 0.38mg (2.52%), Vitamin B5: 0.24mg (2.45%), Iron: 0.41mg (2.3%), Calcium: 13.38mg (1.34%), Zinc: 0.18mg (1.22%), Vitamin A: 60.87IU (1.22%)