

Blueberry Fruit Salad

 Vegetarian

READY IN



10 min.

SERVINGS



24

CALORIES



73 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 medium banana firm sliced
- 4 cups blueberries fresh
- 1 cup grapes green halved
- 3.4 ounces vanilla pudding instant
- 3 tablespoons liquid malt extract
- 15 ounces peaches sliced canned
- 20 ounces pineapple chunks canned
- 1 cup strawberries fresh sliced

Equipment

bowl

Directions

Drain pineapple and peaches, reserving juices; set aside.

Combine the fruit in a large bowl. In another bowl, combine fruit juices with pudding and drink mixes; mix well.

Pour over fruit and toss to coat.

Nutrition Facts



PROTEIN 4.15% **FAT 3.57%** **CARBS 92.28%**

Properties

Glycemic Index:9.21, Glycemic Load:4.07, Inflammation Score:-2, Nutrition Score:3.1630434925142%

Flavonoids

Cyanidin: 2.53mg, Cyanidin: 2.53mg, Cyanidin: 2.53mg, Cyanidin: 2.53mg Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg Delphinidin: 8.76mg, Delphinidin: 8.76mg, Delphinidin: 8.76mg, Delphinidin: 8.76mg Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg Pelargonidin: 1.49mg, Pelargonidin: 1.49mg, Pelargonidin: 1.49mg, Pelargonidin: 1.49mg Peonidin: 5.01mg, Peonidin: 5.01mg, Peonidin: 5.01mg, Peonidin: 5.01mg Catechin: 3.26mg, Catechin: 3.26mg, Catechin: 3.26mg, Catechin: 3.26mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 73.23kcal (3.66%), Fat: 0.31g (0.48%), Saturated Fat: 0.07g (0.43%), Carbohydrates: 18.25g (6.08%), Net Carbohydrates: 16.5g (6%), Sugar: 13.89g (15.44%), Cholesterol: 0.17mg (0.05%), Sodium: 31.41mg (1.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.64%), Vitamin C: 10.37mg (12.57%), Manganese: 0.16mg (8.15%),

Fiber: 1.75g (7%), Vitamin K: 6.62µg (6.3%), Vitamin B6: 0.1mg (5.01%), Potassium: 149.92mg (4.28%), Copper: 0.08mg (3.89%), Vitamin B1: 0.05mg (3.42%), Magnesium: 12.28mg (3.07%), Vitamin B2: 0.04mg (2.58%), Vitamin B3: 0.48mg (2.41%), Vitamin E: 0.32mg (2.14%), Folate: 8.56µg (2.14%), Vitamin A: 98.75IU (1.97%), Phosphorus: 17mg (1.7%), Iron: 0.29mg (1.61%), Vitamin B5: 0.12mg (1.22%), Selenium: 0.82µg (1.17%), Calcium: 10.54mg (1.05%)