



## Breakfast Fruit Salad

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



108 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 cups cantaloupe cubed
- 2 large apples red chopped
- 1 cup grapes green red
- 1 medium banana firm sliced
- 0.5 cup yogurt
- 1 tablespoon orange juice concentrate

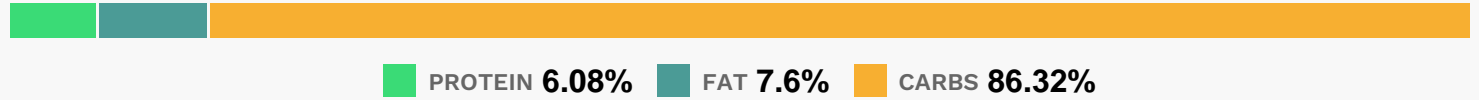
### Equipment

- bowl

## Directions

- In a serving bowl, combine the fruit.
- Combine the yogurt and orange juice concentrate; drizzle over fruit.

## Nutrition Facts



## Properties

Glycemic Index:36.55, Glycemic Load:9.71, Inflammation Score:-8, Nutrition Score:6.531739147461%

## Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.17mg, Catechin: 2.17mg, Catechin: 2.17mg, Catechin: 2.17mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 5.6mg, Epicatechin: 5.6mg, Epicatechin: 5.6mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg

## Nutrients (% of daily need)

Calories: 107.76kcal (5.39%), Fat: 1g (1.53%), Saturated Fat: 0.51g (3.21%), Carbohydrates: 25.47g (8.49%), Net Carbohydrates: 22.49g (8.18%), Sugar: 19.92g (22.13%), Cholesterol: 2.65mg (0.88%), Sodium: 27.01mg (1.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.79g (3.59%), Vitamin A: 1902.62IU (38.05%), Vitamin C: 15.42mg (18.7%), Fiber: 2.97g (11.89%), Potassium: 328.89mg (9.4%), Vitamin B6: 0.16mg (7.93%), Vitamin K: 6.9µg (6.57%), Manganese: 0.12mg (6.04%), Vitamin B2: 0.1mg (5.82%), Copper: 0.12mg (5.8%), Magnesium: 21.03mg (5.26%), Vitamin B1: 0.07mg (5%), Phosphorus: 47.5mg (4.75%), Folate: 17.46µg (4.37%), Calcium: 38.4mg (3.84%), Vitamin B3: 0.66mg (3.29%), Zinc: 0.44mg (2.91%), Vitamin B5: 0.27mg (2.73%), Iron: 0.45mg (2.51%), Selenium: 1.59µg (2.27%), Vitamin E: 0.25mg (1.7%), Vitamin B12: 0.08µg (1.26%)