



Championship Cup (of Fruit)



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



6

CALORIES



189 kcal

SIDE DISH

Ingredients

- ☐ 1 pint blueberries washed
- ☐ 0.5 cantaloupe diced seeds removed, peeled and medium
- ☐ 0.5 wedges honeydew melon diced seeds removed, peeled and medium
- ☐ 6 springs mint fresh for garnish
- ☐ 0.5 pineapple fresh diced cored peeled
- ☐ 1 pint strawberries cleaned halved
- ☐ 0.5 pound grapes white seedless

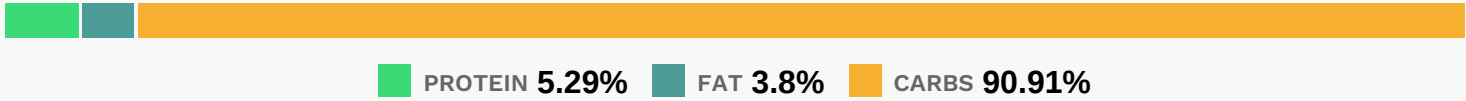
Equipment

☐ mixing bowl

Directions

☐ Fold salad ingredients together in a mixing bowl. Spoon into serving dishes and garnish with mint.

Nutrition Facts



Properties

Glycemic Index:42.03, Glycemic Load:16.06, Inflammation Score:-9, Nutrition Score:17.228260838467%

Flavonoids

Cyanidin: 8mg, Cyanidin: 8mg, Cyanidin: 8mg, Cyanidin: 8mg Petunidin: 24.95mg, Petunidin: 24.95mg, Petunidin: 24.95mg, Petunidin: 24.95mg Delphinidin: 28.19mg, Delphinidin: 28.19mg, Delphinidin: 28.19mg, Delphinidin: 28.19mg Malvidin: 53.31mg, Malvidin: 53.31mg, Malvidin: 53.31mg, Malvidin: 53.31mg Pelargonidin: 19.6mg, Pelargonidin: 19.6mg, Pelargonidin: 19.6mg, Pelargonidin: 19.6mg Peonidin: 16.04mg, Peonidin: 16.04mg, Peonidin: 16.04mg, Peonidin: 16.04mg Catechin: 6.62mg, Catechin: 6.62mg, Catechin: 6.62mg, Catechin: 6.62mg Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg Quercetin: 7.03mg, Quercetin: 7.03mg, Quercetin: 7.03mg, Quercetin: 7.03mg Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg

Nutrients (% of daily need)

Calories: 188.72kcal (9.44%), Fat: 0.89g (1.37%), Saturated Fat: 0.13g (0.8%), Carbohydrates: 47.81g (15.94%), Net Carbohydrates: 41.64g (15.14%), Sugar: 37.28g (41.43%), Cholesterol: 0mg (0%), Sodium: 36.4mg (1.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.78g (5.56%), Vitamin C: 115.81mg (140.38%), Manganese: 1.35mg (67.74%), Vitamin A: 1772.27IU (35.45%), Vitamin K: 27.34µg (26.04%), Fiber: 6.17g (24.67%), Potassium: 656.9mg (18.77%), Folate: 65.84µg (16.46%), Vitamin B6: 0.31mg (15.43%), Copper: 0.28mg (14.09%), Vitamin B1: 0.2mg (13.18%), Magnesium: 44.13mg (11.03%), Vitamin B3: 1.86mg (9.32%), Vitamin B2: 0.13mg (7.54%), Iron: 1.31mg (7.25%), Phosphorus: 62.27mg (6.23%), Vitamin B5: 0.59mg (5.93%), Vitamin E: 0.81mg (5.4%), Zinc: 0.66mg

(4.42%), Calcium: 43.9mg (4.39%), Selenium: 2.04µg (2.91%)