

Chloe's Quick Fruit Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



76 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 apples cored chopped
- 0.5 cup grapes seedless
- 6 tablespoons yogurt plain low-fat
- 1 nectarines pitted chopped
- 0.3 cup orange juice fresh

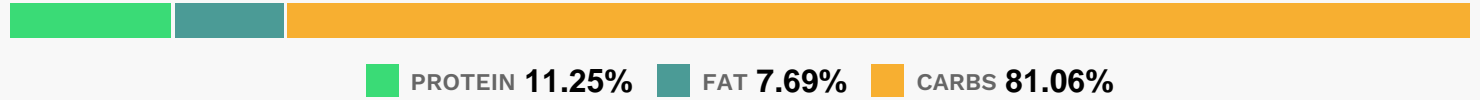
Equipment

- mixing bowl

Directions

- In a mixing bowl, combine the apple, orange, grapes and nectarine. If using a passion fruit, spoon out the flesh and chop.
- Pour enough fresh juice to coat and prevent oxidation. Toss and refrigerate.
- Serve with dollop of low-fat yogurt.

Nutrition Facts



Properties

Glycemic Index:43.25, Glycemic Load:5.15, Inflammation Score:-3, Nutrition Score:3.9908695583758%

Flavonoids

Cyanidin: 1.47mg, Cyanidin: 1.47mg, Cyanidin: 1.47mg, Cyanidin: 1.47mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.65mg, Catechin: 1.65mg, Catechin: 1.65mg, Catechin: 1.65mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 4.33mg, Epicatechin: 4.33mg, Epicatechin: 4.33mg, Epicatechin: 4.33mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

Nutrients (% of daily need)

Calories: 76.4kcal (3.82%), Fat: 0.7g (1.08%), Saturated Fat: 0.33g (2.04%), Carbohydrates: 16.68g (5.56%), Net Carbohydrates: 14.85g (5.4%), Sugar: 13.87g (15.41%), Cholesterol: 1.8mg (0.6%), Sodium: 26.6mg (1.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.31g (4.63%), Vitamin C: 11.72mg (14.2%), Fiber: 1.83g (7.3%), Potassium: 232.44mg (6.64%), Phosphorus: 63.85mg (6.38%), Calcium: 61.93mg (6.19%), Vitamin B2: 0.1mg (6.09%), Vitamin K: 4.54µg (4.33%), Vitamin A: 201.19IU (4.02%), Vitamin B1: 0.06mg (4%), Copper: 0.08mg (3.8%), Magnesium: 13.6mg (3.4%), Vitamin B6: 0.06mg (3.23%), Vitamin B5: 0.31mg (3.1%), Folate: 11.82µg (2.96%), Vitamin B3: 0.57mg (2.85%), Vitamin B12: 0.17µg (2.8%), Manganese: 0.05mg (2.59%), Zinc: 0.38mg (2.54%), Vitamin E: 0.35mg (2.33%), Iron: 0.28mg (1.58%), Selenium: 1.02µg (1.46%)