



Citrus Fruit Salad

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



76 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 medium apples cut into thin wedges
- 1 medium banana sliced
- 0.5 cup milk cheddar cheese 2% cubed kraft ()
- 0.3 cup the dressing kraft
- 1 medium grapefruit peeled
- 1 dash ground cinnamon
- 2 Tbsp honey
- 2 medium oranges seedless peeled thinly sliced

1 medium pears cut into thin wedges

Equipment

bowl

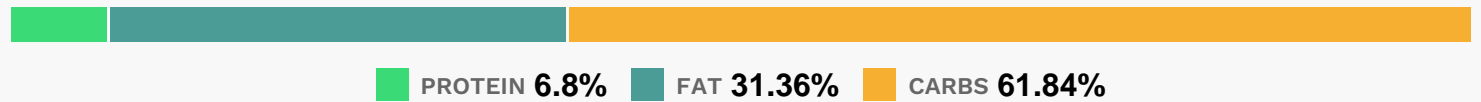
Directions

Toss fruit and cheese in medium bowl.

Combine dressing, honey and cinnamon; pour over fruit mixture. Toss to coat.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:18.35, Glycemic Load:4.16, Inflammation Score:-3, Nutrition Score:3.1417390820773%

Flavonoids

Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 1.36mg, Epicatechin: 1.36mg, Epicatechin: 1.36mg, Epicatechin: 1.36mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Hesperetin: 4.82mg, Hesperetin: 4.82mg, Hesperetin: 4.82mg, Hesperetin: 4.82mg Naringenin: 8.25mg, Naringenin: 8.25mg, Naringenin: 8.25mg, Naringenin: 8.25mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 76.33kcal (3.82%), Fat: 2.83g (4.35%), Saturated Fat: 0.97g (6.04%), Carbohydrates: 12.55g (4.18%), Net Carbohydrates: 10.95g (3.98%), Sugar: 9.38g (10.43%), Cholesterol: 5.47mg (1.83%), Sodium: 60.49mg (2.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.76%), Vitamin C: 16.41mg (19.89%), Fiber: 1.6g (6.39%), Vitamin A: 290.68IU (5.81%), Calcium: 40.77mg (4.08%), Vitamin K: 3.69µg (3.52%), Potassium: 115.67mg (3.3%), Vitamin B6: 0.06mg (3.02%), Phosphorus: 29.16mg (2.92%), Manganese: 0.06mg (2.9%), Folate: 11.24µg (2.81%), Vitamin B2: 0.04mg (2.6%), Selenium: 1.49µg (2.12%), Vitamin B1: 0.03mg (2.07%), Magnesium: 8.08mg (2.02%), Copper: 0.04mg (1.78%), Vitamin E: 0.26mg (1.7%), Vitamin B5: 0.15mg (1.51%), Zinc: 0.2mg (1.37%)