



## Cornucopia of Summer Fruits (Crowd Size)

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



24

CALORIES



125 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 12 cups fruit fresh assorted sliced
- 24 servings mint leaves fresh
- 1 medium watermelon

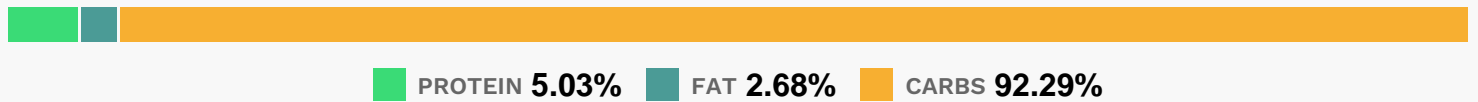
### Equipment

- knife

### Directions

- Cut off one-fourth of 1 end of watermelon at an angle, using sharp knife, so remaining watermelon is shaped like a cornucopia. Cover and refrigerate end portion to use as desired.
- Cut thin slice from bottom of watermelon to keep it from tipping. Scoop out watermelon, leaving 1/2- to 1-inch shell; reserve watermelon chunks.
- Drain shell.
- Cut edge of open end of watermelon shell in a decorative pattern. Cover and refrigerate watermelon shell up to 24 hours.
- Fill watermelon shell with watermelon chunks (cut into bite-size pieces) and other fresh fruit just before serving, allowing fruit to cascade out end of shell.
- Garnish with mint leaves.

## Nutrition Facts



### Properties

Glycemic Index:3.11, Glycemic Load:10.01, Inflammation Score:-8, Nutrition Score:5.9656522170357%

### Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg

### Nutrients (% of daily need)

Calories: 124.5kcal (6.22%), Fat: 0.41g (0.63%), Saturated Fat: 0.04g (0.28%), Carbohydrates: 31.67g (10.56%), Net Carbohydrates: 28.94g (10.52%), Sugar: 24.96g (27.73%), Cholesterol: 0mg (0%), Sodium: 8.11mg (0.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.45%), Vitamin A: 1467.22IU (29.34%), Vitamin C: 18.11mg (21.95%), Fiber: 2.73g (10.9%), Potassium: 321.15mg (9.18%), Copper: 0.17mg (8.55%), Magnesium: 25.48mg (6.37%), Manganese: 0.12mg (5.75%), Vitamin K: 5.64µg (5.37%), Vitamin B6: 0.1mg (5.23%), Vitamin B1: 0.08mg (5.13%), Iron: 0.87mg (4.82%), Vitamin B5: 0.47mg (4.66%), Vitamin B2: 0.07mg (4.15%), Vitamin B3: 0.82mg (4.08%), Phosphorus: 35.58mg (3.56%), Folate: 9.14µg (2.28%), Calcium: 21.48mg (2.15%), Zinc: 0.31mg (2.04%), Selenium: 0.75µg (1.07%)