



Duchess Fruit Salad

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



151 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

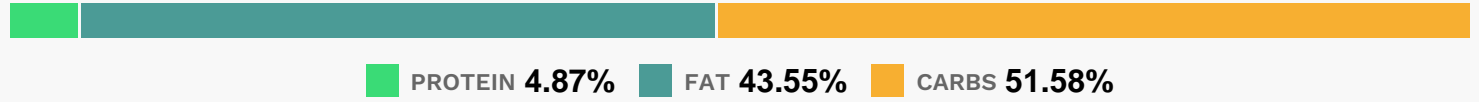
- 1 large banana sliced
- 1 cup knudsen cream sour
- 1 cup marshmallows jet-puffed miniature
- 2 medium peaches fresh peeled sliced
- 1 cup strawberries sliced

Equipment

Directions

- Mix all ingredients until well blended; cover.
- Refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:32.59, Glycemic Load:8.88, Inflammation Score:-4, Nutrition Score:4.9269564929216%

Flavonoids

Cyanidin: 1.36mg, Cyanidin: 1.36mg, Cyanidin: 1.36mg, Cyanidin: 1.36mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 4.59mg, Catechin: 4.59mg, Catechin: 4.59mg, Catechin: 4.59mg Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg Epicatechin: 1.28mg, Epicatechin: 1.28mg, Epicatechin: 1.28mg, Epicatechin: 1.28mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 151.25kcal (7.56%), Fat: 7.74g (11.9%), Saturated Fat: 3.91g (24.47%), Carbohydrates: 20.61g (6.87%), Net Carbohydrates: 18.78g (6.83%), Sugar: 14.24g (15.82%), Cholesterol: 22.62mg (7.54%), Sodium: 25.52mg (1.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.95g (3.9%), Vitamin C: 18.48mg (22.4%), Manganese: 0.19mg (9.46%), Vitamin A: 419.2IU (8.38%), Fiber: 1.83g (7.31%), Potassium: 227.2mg (6.49%), Vitamin B6: 0.12mg (6.15%), Vitamin B2: 0.1mg (5.99%), Phosphorus: 51.55mg (5.15%), Calcium: 45.94mg (4.59%), Magnesium: 17.24mg (4.31%), Selenium: 2.93µg (4.19%), Copper: 0.08mg (4.16%), Vitamin E: 0.6mg (4.02%), Folate: 15.68µg (3.92%), Vitamin B3: 0.69mg (3.44%), Vitamin B5: 0.31mg (3.11%), Vitamin K: 2.72µg (2.59%), Vitamin B1: 0.03mg (2.17%), Zinc: 0.31mg (2.08%), Iron: 0.37mg (2.07%), Vitamin B12: 0.08µg (1.34%)