



Easy Fresh-Fruit Salad



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



209 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 medium pineapple cut into 1-inch chunks
- ☐ 2 cups strawberries fresh sliced
- ☐ 2 cups blueberries
- ☐ 2 cups grapes green seedless
- ☐ 1 bunch lettuce
- ☐ 0.5 cup raspberry vinaigrette
- ☐ 3 ounces feta cheese crumbled

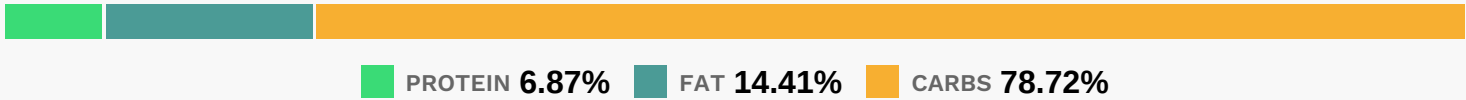
Equipment

bowl

Directions

- Mix pineapple, strawberries, blueberries and grapes in large bowl.
- Serve fruit mixture on lettuce.
- Drizzle with dressing. Top with cheese.

Nutrition Facts



Properties

Glycemic Index:40.61, Glycemic Load:17.96, Inflammation Score:-7, Nutrition Score:16.295652249585%

Flavonoids

Cyanidin: 4.98mg, Cyanidin: 4.98mg, Cyanidin: 4.98mg, Cyanidin: 4.98mg Petunidin: 15.61mg, Petunidin: 15.61mg, Petunidin: 15.61mg, Petunidin: 15.61mg Delphinidin: 17.63mg, Delphinidin: 17.63mg, Delphinidin: 17.63mg, Delphinidin: 17.63mg Malvidin: 33.35mg, Malvidin: 33.35mg, Malvidin: 33.35mg, Malvidin: 33.35mg Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg Peonidin: 10.03mg, Peonidin: 10.03mg, Peonidin: 10.03mg, Peonidin: 10.03mg Catechin: 4.1mg, Catechin: 4.1mg, Catechin: 4.1mg, Catechin: 4.1mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.51mg, Epicatechin: 0.51mg, Epicatechin: 0.51mg, Epicatechin: 0.51mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 209.15kcal (10.46%), Fat: 3.62g (5.56%), Saturated Fat: 1.95g (12.17%), Carbohydrates: 44.44g (14.81%), Net Carbohydrates: 39.73g (14.45%), Sugar: 34.1g (37.89%), Cholesterol: 12.62mg (4.21%), Sodium: 338.4mg (14.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.88g (7.76%), Vitamin C: 106.72mg (129.36%), Manganese: 1.79mg (89.46%), Fiber: 4.71g (18.84%), Vitamin K: 19.28µg (18.36%), Vitamin B6: 0.32mg (16.03%), Copper: 0.29mg (14.28%), Vitamin B2: 0.23mg (13.76%), Vitamin B1: 0.21mg (13.7%), Folate: 47.22µg (11.81%), Potassium: 380.99mg (10.89%), Calcium: 105.19mg (10.52%), Phosphorus: 87.38mg (8.74%), Magnesium: 33.53mg (8.38%), Vitamin B3: 1.38mg (6.9%), Vitamin B5: 0.6mg (6.05%), Iron: 1.05mg (5.81%), Zinc: 0.77mg (5.14%), Vitamin A: 213.76IU (4.28%),

Vitamin B12: 0.24µg (3.99%), Vitamin E: 0.57mg (3.81%), Selenium: 2.57µg (3.67%)