



## Easy Fruit Medley

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



39 kcal

SIDE DISH

### Ingredients

- 1 cup blueberries
- 1 cup mandarin orange segments canned drained
- 0.8 cup cool whip free whipped topping thawed
- 1 cup kiwi fruit sliced
- 1 cup strawberries halved

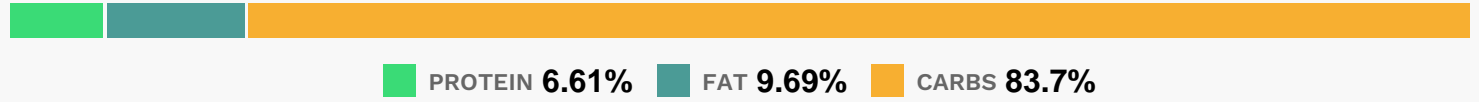
### Equipment

- bowl

# Directions

- Toss fruit with reserved orange liquid.
- Spoon evenly into 6 individual serving bowls; top each with 2 Tbsp. of the whipped topping.

# Nutrition Facts



# Properties

Glycemic Index:13.27, Glycemic Load:2.07, Inflammation Score:-4, Nutrition Score:4.0582608321439%

# Flavonoids

Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg Petunidin: 4.68mg, Petunidin: 4.68mg, Petunidin: 4.68mg, Petunidin: 4.68mg Delphinidin: 5.29mg, Delphinidin: 5.29mg, Delphinidin: 5.29mg, Delphinidin: 5.29mg Malvidin: 10mg, Malvidin: 10mg, Malvidin: 10mg, Malvidin: 10mg Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg Peonidin: 3.01mg, Peonidin: 3.01mg, Peonidin: 3.01mg, Peonidin: 3.01mg Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg

# Nutrients (% of daily need)

Calories: 38.87kcal (1.94%), Fat: 0.46g (0.71%), Saturated Fat: 0.17g (1.08%), Carbohydrates: 8.91g (2.97%), Net Carbohydrates: 7.49g (2.72%), Sugar: 6.23g (6.92%), Cholesterol: 0.9mg (0.3%), Sodium: 6.17mg (0.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.7g (1.41%), Vitamin C: 29.53mg (35.8%), Vitamin K: 10.32µg (9.83%), Manganese: 0.12mg (6.13%), Fiber: 1.42g (5.69%), Vitamin A: 282.93IU (5.66%), Vitamin B2: 0.05mg (3.2%), Potassium: 100.25mg (2.86%), Folate: 10.85µg (2.71%), Vitamin E: 0.39mg (2.6%), Vitamin B1: 0.04mg (2.58%), Copper: 0.05mg (2.39%), Magnesium: 8.12mg (2.03%), Vitamin B6: 0.04mg (2.02%), Calcium: 17.73mg (1.77%), Phosphorus: 17.15mg (1.72%), Vitamin B3: 0.29mg (1.44%), Vitamin B12: 0.08µg (1.39%), Zinc: 0.19mg (1.24%), Iron: 0.2mg (1.09%)