



Fabulous Fruit Salad II

 Vegetarian  Gluten Free

READY IN

ready

15 min.

SERVINGS

servings

6

CALORIES

calories

214 kcal

- SIDE DISH
- ANTIPASTI
- STARTER
- SNACK

Ingredients

- ☐ 2 cups apples diced
- ☐ 1 cup banana sliced
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 1 cup strawberries fresh sliced
- ☐ 1 cup vanilla yogurt
- ☐ 1 cup walnuts chopped

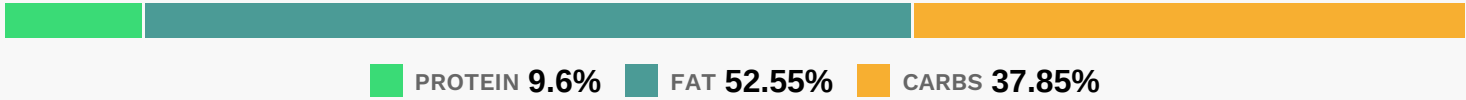
Equipment

- ☐ bowl

Directions

- ☐ In a bowl, mix the apples, banana, strawberries, and walnuts. Fold in the yogurt.
- ☐ Sprinkle with cinnamon. Gently stir just before serving.

Nutrition Facts



Properties

Glycemic Index:25.3, Glycemic Load:5.11, Inflammation Score:-4, Nutrition Score:9.3413043644117%

Flavonoids

Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg 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: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.81mg, Catechin: 2.81mg, Catechin: 2.81mg, Catechin: 2.81mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 3.24mg, Epicatechin: 3.24mg, Epicatechin: 3.24mg, Epicatechin: 3.24mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 214.45kcal (10.72%), Fat: 13.45g (20.7%), Saturated Fat: 1.57g (9.8%), Carbohydrates: 21.8g (7.27%), Net Carbohydrates: 18.23g (6.63%), Sugar: 14.71g (16.34%), Cholesterol: 2.04mg (0.68%), Sodium: 28.27mg (1.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.53g (11.06%), Manganese: 0.89mg (44.29%), Vitamin C: 18.79mg (22.78%), Copper: 0.36mg (17.92%), Fiber: 3.57g (14.28%), Phosphorus: 138.6mg (13.86%), Magnesium: 49.45mg (12.36%), Vitamin B6: 0.24mg (12.18%), Potassium: 347.3mg (9.92%), Calcium: 99.03mg (9.9%), Folate: 35.63µg (8.91%), Vitamin B2: 0.15mg (8.58%), Vitamin B1: 0.1mg (6.95%), Zinc: 1.03mg (6.89%), Vitamin B5: 0.48mg (4.76%), Selenium: 3.31µg (4.73%), Iron: 0.83mg (4.61%), Vitamin B12: 0.22µg (3.61%), Vitamin B3: 0.56mg (2.81%), Vitamin E: 0.32mg (2.13%), Vitamin K: 2.21µg (2.11%), Vitamin A: 63.58IU (1.27%)