



Fast Fruit Salad

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



164 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup blueberries fresh
- 0.5 cup knudsen cream sour
- 2 Tbsp honey
- 4 kiwis peeled sliced
- 0.3 tsp lime zest
- 3 navel oranges peeled sliced quartered
- 1.5 cups pineapple chunks fresh (1 inch)
- 1 cup grapes red seedless

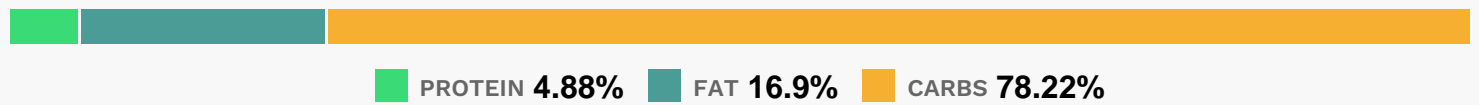
3 cups strawberries fresh halved

Equipment

Directions

- Mix sour cream, honey, zest and juice. Refrigerate until ready to use.
- Arrange fruit in circular pattern on round plate, starting at center of plate.
- Serve with sour cream dressing.

Nutrition Facts



Properties

Glycemic Index:32.87, Glycemic Load:8.51, Inflammation Score:-7, Nutrition Score:11.622608656469%

Flavonoids

Cyanidin: 2.47mg, Cyanidin: 2.47mg, Cyanidin: 2.47mg, Cyanidin: 2.47mg Petunidin: 5.89mg, Petunidin: 5.89mg, Petunidin: 5.89mg, Petunidin: 5.89mg Delphinidin: 6.72mg, Delphinidin: 6.72mg, Delphinidin: 6.72mg, Delphinidin: 6.72mg Malvidin: 12.51mg, Malvidin: 12.51mg, Malvidin: 12.51mg, Malvidin: 12.51mg Pelargonidin: 13.42mg, Pelargonidin: 13.42mg, Pelargonidin: 13.42mg, Pelargonidin: 13.42mg Peonidin: 3.78mg, Peonidin: 3.78mg, Peonidin: 3.78mg, Peonidin: 3.78mg Catechin: 2.66mg, Catechin: 2.66mg, Catechin: 2.66mg, Catechin: 2.66mg Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Hesperetin: 11.51mg, Hesperetin: 11.51mg, Hesperetin: 11.51mg, Hesperetin: 11.51mg Naringenin: 3.87mg, Naringenin: 3.87mg, Naringenin: 3.87mg, Naringenin: 3.87mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 164.02kcal (8.2%), Fat: 3.37g (5.18%), Saturated Fat: 1.5g (9.38%), Carbohydrates: 35.1g (11.7%), Net Carbohydrates: 30.3g (11.02%), Sugar: 27.09g (30.1%), Cholesterol: 8.48mg (2.83%), Sodium: 9.01mg (0.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.38%), Vitamin C: 103.51mg (125.47%), Vitamin K: 26.38µg (25.12%), Fiber: 4.8g (19.21%), Manganese: 0.35mg (17.48%), Folate: 47.32µg (11.83%), Potassium: 385.93mg

(11.03%), Copper: 0.19mg (9.69%), Vitamin B1: 0.13mg (8.6%), Vitamin B6: 0.16mg (8.05%), Magnesium: 30.71mg (7.68%), Calcium: 72.09mg (7.21%), Vitamin E: 1.03mg (6.88%), Vitamin B2: 0.11mg (6.25%), Vitamin A: 309.96IU (6.2%), Phosphorus: 60.75mg (6.08%), Vitamin B3: 0.86mg (4.29%), Iron: 0.68mg (3.75%), Vitamin B5: 0.37mg (3.72%), Zinc: 0.33mg (2.18%), Selenium: 1.1µg (1.57%)