



WHATSheATE

Festive Fruit Platter



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



16

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pound grapes green red seedless cut into small bunches
- ☐ 2 cups strawberries
- ☐ 0.5 wedges honeydew melon peeled sliced
- ☐ 0.5 cantaloupe peeled sliced
- ☐ 3 medium apricots pitted cut in half
- ☐ 2 medium kiwi fruit peeled sliced
- ☐ 1 cup cream sour
- ☐ 0.3 cup brown sugar packed

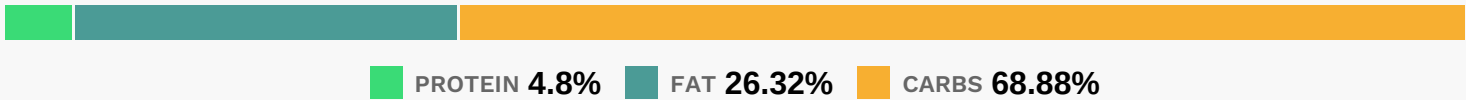
1 serving currants fresh white

Equipment

Directions

- Arrange fruits on large platter.
- Mix sour cream and brown sugar.
- Garnish dip with currants.
- Serve with fruit.

Nutrition Facts



Properties

Glycemic Index:17.05, Glycemic Load:4.43, Inflammation Score:-6, Nutrition Score:5.6095651491829%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 97.04kcal (4.85%), Fat: 3.05g (4.69%), Saturated Fat: 1.5g (9.37%), Carbohydrates: 17.96g (5.99%), Net Carbohydrates: 16.42g (5.97%), Sugar: 15.37g (17.08%), Cholesterol: 8.48mg (2.83%), Sodium: 19.2mg (0.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.25g (2.5%), Vitamin C: 29.86mg (36.19%), Vitamin A: 850.16IU (17%), Vitamin K: 11.18µg (10.65%), Potassium: 262.52mg (7.5%), Manganese: 0.13mg (6.39%), Fiber: 1.55g (6.19%),

Folate: 19.35µg (4.84%), Copper: 0.09mg (4.68%), Vitamin B6: 0.09mg (4.65%), Vitamin B1: 0.06mg (3.7%), Vitamin B2: 0.06mg (3.7%), Magnesium: 14.81mg (3.7%), Phosphorus: 33.82mg (3.38%), Calcium: 31.93mg (3.19%), Vitamin E: 0.38mg (2.56%), Vitamin B3: 0.51mg (2.55%), Iron: 0.4mg (2.21%), Vitamin B5: 0.21mg (2.06%), Selenium: 1.28µg (1.82%), Zinc: 0.23mg (1.56%)