



## Festive Fruit Platter (Crowd Size)

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



32

CALORIES



100 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 6 medium apricots pitted cut in half
- 0.5 cup brown sugar packed
- 1 cantaloupe peeled sliced
- 32 servings currants fresh white
- 1 wedges honeydew melon peeled sliced
- 4 medium kiwi fruit peeled sliced
- 2 pounds grapes green red seedless cut into small bunches
- 2 cups cream sour

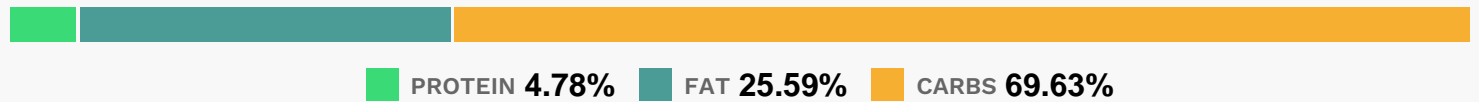
4 cups strawberries

## Equipment

## Directions

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

## Nutrition Facts



## Properties

Glycemic Index:8.53, Glycemic Load:4.6, Inflammation Score:-6, Nutrition Score:5.6821740399236%

## 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: 99.76kcal (4.99%), Fat: 3.05g (4.7%), Saturated Fat: 1.5g (9.37%), Carbohydrates: 18.69g (6.23%), Net Carbohydrates: 17.1g (6.22%), Sugar: 15.96g (17.73%), Cholesterol: 8.48mg (2.83%), Sodium: 19.61mg (0.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.28g (2.57%), Vitamin C: 29.9mg (36.24%), Vitamin A: 850.84IU (17.02%), Vitamin K: 11.21µg (10.68%), Potassium: 269.8mg (7.71%), Manganese: 0.13mg (6.61%), Fiber: 1.59g (6.36%),

Folate: 19.45µg (4.86%), Copper: 0.1mg (4.82%), Vitamin B6: 0.1mg (4.78%), Vitamin B1: 0.06mg (3.8%), Magnesium: 15.15mg (3.79%), Vitamin B2: 0.06mg (3.78%), Phosphorus: 34.75mg (3.48%), Calcium: 32.75mg (3.28%), Vitamin B3: 0.52mg (2.62%), Vitamin E: 0.38mg (2.56%), Iron: 0.42mg (2.31%), Vitamin B5: 0.21mg (2.07%), Selenium: 1.28µg (1.83%), Zinc: 0.24mg (1.59%)