

Four-Fruit Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



59 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 medium banana firm sliced
- 1 small cantaloupe cut into chunks
- 2 cups grapes green halved
- 0.3 cup orange juice
- 2 cups strawberries fresh sliced

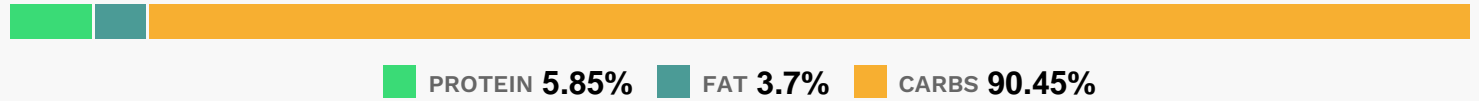
Equipment

- bowl

Directions

- In a large bowl, combine the fruit.
- Pour juice over fruit and toss to coat. Cover and refrigerate for 4 hours. Stir just before serving.

Nutrition Facts



Properties

Glycemic Index:26.03, Glycemic Load:6.98, Inflammation Score:-8, Nutrition Score:5.8021738995676%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.99mg, Hesperetin: 0.99mg, Hesperetin: 0.99mg, Hesperetin: 0.99mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 59.27kcal (2.96%), Fat: 0.27g (0.41%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 14.83g (4.94%), Net Carbohydrates: 13.3g (4.84%), Sugar: 11.7g (13%), Cholesterol: 0mg (0%), Sodium: 14.32mg (0.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.92%), Vitamin C: 27.87mg (33.78%), Vitamin A: 1538.94IU (30.78%), Manganese: 0.18mg (9.19%), Potassium: 229.76mg (6.56%), Fiber: 1.52g (6.1%), Vitamin K: 6.3µg (6%), Vitamin B6: 0.1mg (5.19%), Copper: 0.1mg (5.13%), Folate: 18.53µg (4.63%), Vitamin B1: 0.06mg (4.03%), Magnesium: 15.69mg (3.92%), Vitamin B2: 0.05mg (2.97%), Vitamin B3: 0.59mg (2.93%), Phosphorus: 24.45mg (2.45%), Iron: 0.44mg (2.45%), Zinc: 0.28mg (1.85%), Vitamin B5: 0.15mg (1.53%), Selenium: 1.02µg (1.46%), Calcium: 13.1mg (1.31%), Vitamin E: 0.18mg (1.19%)