



Fresh Fruit Medley

 Vegetarian  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



146 kcal

SIDE DISH

Ingredients

- 1 small apples diced
- 1 medium banana divided ripe sliced
- 12 grapes green seedless halved
- 1 kiwi fruit peeled sliced quartered
- 2 tablespoons mayonnaise
- 1 medium pears diced
- 1 teaspoon sugar

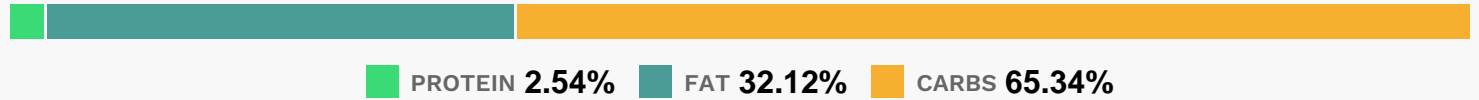
Equipment

bowl

Directions

- In a large bowl, mash half of the banana slices. Stir in mayonnaise and sugar.
- Add the kiwi, pear, apple, grapes and remaining banana slices; toss gently.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:85.57, Glycemic Load:9.82, Inflammation Score:-3, Nutrition Score:5.72217390006%

Flavonoids

Cyanidin: 1.5mg, Cyanidin: 1.5mg, Cyanidin: 1.5mg, Cyanidin: 1.5mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 4.55mg, Epicatechin: 4.55mg, Epicatechin: 4.55mg, Epicatechin: 4.55mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 145.99kcal (7.3%), Fat: 5.59g (8.59%), Saturated Fat: 0.89g (5.54%), Carbohydrates: 25.57g (8.52%), Net Carbohydrates: 21.71g (7.89%), Sugar: 17.22g (19.13%), Cholesterol: 2.94mg (0.98%), Sodium: 47.01mg (2.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1g (1.99%), Vitamin C: 23.67mg (28.69%), Vitamin K: 25.69µg (24.47%), Fiber: 3.86g (15.43%), Vitamin B6: 0.16mg (8.19%), Potassium: 272.2mg (7.78%), Manganese: 0.15mg (7.38%), Copper: 0.12mg (6.02%), Vitamin E: 0.7mg (4.69%), Magnesium: 17.7mg (4.43%), Folate: 16.7µg (4.17%), Vitamin B2: 0.06mg (3.56%), Phosphorus: 28.13mg (2.81%), Vitamin B1: 0.04mg (2.53%), Vitamin B3: 0.41mg (2.07%), Vitamin B5: 0.2mg (2.04%), Iron: 0.33mg (1.81%), Calcium: 17.75mg (1.77%), Vitamin A: 84.36IU (1.69%), Zinc: 0.16mg (1.04%)