



WHATSheATE



Fresh Fruit Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



14 min.

SERVINGS



4

CALORIES



98 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 cups wedges honeydew melon cubed
- ☐ 1 kiwifruit peeled sliced
- ☐ 2 tablespoons orange juice fresh
- ☐ 1 teaspoon orange rind grated
- ☐ 1 cup strawberries sliced
- ☐ 2 tablespoons sugar

Equipment

- ☐ bowl

Directions

- ☐ Place first 3 ingredients in a large bowl; stir until sugar dissolves.
- ☐ Add honeydew, strawberries, and kiwifruit; toss gently to combine.

Nutrition Facts



Properties

Glycemic Index:53.69, Glycemic Load:6.78, Inflammation Score:-4, Nutrition Score:7.8982610184213%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 98.03kcal (4.9%), Fat: 0.42g (0.65%), Saturated Fat: 0.06g (0.39%), Carbohydrates: 24.52g (8.17%), Net Carbohydrates: 22.03g (8.01%), Sugar: 20.86g (23.18%), Cholesterol: 0mg (0%), Sodium: 24.61mg (1.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.24g (2.48%), Vitamin C: 66.04mg (80.05%), Vitamin K: 13.67µg (13.02%), Potassium: 409.01mg (11.69%), Folate: 41.48µg (10.37%), Fiber: 2.49g (9.97%), Manganese: 0.2mg (9.86%), Vitamin B6: 0.15mg (7.36%), Magnesium: 22.11mg (5.53%), Vitamin B1: 0.07mg (4.77%), Copper: 0.08mg (4.15%), Vitamin B3: 0.79mg (3.97%), Phosphorus: 31.95mg (3.19%), Vitamin B5: 0.3mg (3.03%), Vitamin E: 0.43mg (2.87%), Iron: 0.44mg (2.46%), Calcium: 23.17mg (2.32%), Vitamin A: 106.96IU (2.14%), Vitamin B2: 0.03mg (1.94%), Selenium: 1.13µg (1.62%), Zinc: 0.2mg (1.35%)