



## Fresh Fruit Salad

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



547 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 2 banana sliced
- 2 cups blueberries fresh
- 2 cups grapes seedless halved
- 2 kiwi fruit peeled sliced
- 2 teaspoons juice of lemon
- 4 cups strawberries fresh halved
- 1 teaspoon sugar
- 0.5 teaspoon vanilla extract

8 ounce vanilla yogurt plain

## Equipment

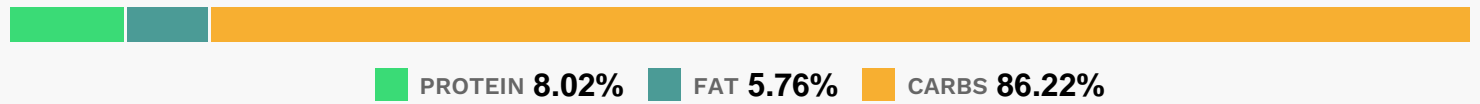
bowl

## Directions

In a large salad bowl, combine strawberries, blueberries, kiwi, bananas and grapes. In a small bowl, combine yogurt, lemon juice, sugar and vanilla; mix well.

Serve with fruit.

## Nutrition Facts



## Properties

Glycemic Index:151.77, Glycemic Load:45.38, Inflammation Score:-9, Nutrition Score:33.959565411443%

## Flavonoids

Cyanidin: 17.36mg, Cyanidin: 17.36mg, Cyanidin: 17.36mg, Cyanidin: 17.36mg Petunidin: 46.98mg, Petunidin: 46.98mg, Petunidin: 46.98mg, Petunidin: 46.98mg Delphinidin: 53.33mg, Delphinidin: 53.33mg, Delphinidin: 53.33mg, Delphinidin: 53.33mg Malvidin: 100.06mg, Malvidin: 100.06mg, Malvidin: 100.06mg, Malvidin: 100.06mg Pelargonidin: 71.57mg, Pelargonidin: 71.57mg, Pelargonidin: 71.57mg, Pelargonidin: 71.57mg Peonidin: 30.17mg, Peonidin: 30.17mg, Peonidin: 30.17mg, Peonidin: 30.17mg Catechin: 23.98mg, Catechin: 23.98mg, Catechin: 23.98mg, Catechin: 23.98mg Epigallocatechin: 3.22mg, Epigallocatechin: 3.22mg, Epigallocatechin: 3.22mg, Epigallocatechin: 3.22mg Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg Epicatechin 3-gallate: 0.44mg, Epicatechin 3-gallate: 0.44mg, Epicatechin 3-gallate: 0.44mg, Epicatechin 3-gallate: 0.44mg Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.82mg, Naringenin: 0.82mg, Naringenin: 0.82mg, Naringenin: 0.82mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Kaempferol: 4.96mg, Kaempferol: 4.96mg, Kaempferol: 4.96mg, Kaempferol: 4.96mg Myricetin: 2.05mg, Myricetin: 2.05mg, Myricetin: 2.05mg, Myricetin: 2.05mg Quercetin: 14.67mg, Quercetin: 14.67mg, Quercetin: 14.67mg, Quercetin: 14.67mg Gallocatechin: 0.26mg, Gallocatechin: 0.26mg, Gallocatechin: 0.26mg, Gallocatechin: 0.26mg

## Nutrients (% of daily need)

Calories: 546.58kcal (27.33%), Fat: 3.82g (5.88%), Saturated Fat: 1.24g (7.76%), Carbohydrates: 128.67g (42.89%), Net Carbohydrates: 112.18g (40.79%), Sugar: 92.7g (103%), Cholesterol: 5.67mg (1.89%), Sodium: 88.11mg (3.83%),

Alcohol: 0.34g (100%), Alcohol %: 0.05% (100%), Protein: 11.97g (23.94%), Vitamin C: 269.62mg (326.81%), Manganese: 2.13mg (106.57%), Vitamin K: 94.32µg (89.83%), Fiber: 16.48g (65.94%), Potassium: 1700.64mg (48.59%), Vitamin B6: 0.88mg (44.22%), Folate: 141.75µg (35.44%), Vitamin B2: 0.57mg (33.45%), Phosphorus: 327.53mg (32.75%), Copper: 0.64mg (32.24%), Magnesium: 121.87mg (30.47%), Calcium: 302.15mg (30.22%), Vitamin B1: 0.34mg (22.54%), Vitamin E: 3.3mg (21.98%), Vitamin B5: 1.81mg (18.13%), Vitamin B3: 3.27mg (16.33%), Iron: 2.75mg (15.28%), Zinc: 2mg (13.3%), Selenium: 8.39µg (11.98%), Vitamin B12: 0.6µg (10.02%), Vitamin A: 417.89IU (8.36%)