



Fresh Fruit Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



138 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 small apples diced
- 2 small banana sliced
- 1 tablespoon cornstarch
- 0.5 cup grapes green seedless
- 1.5 tablespoons juice of lemon
- 3 tablespoons orange juice
- 8 ounce pineapple chunks drained canned
- 0.5 cup grapes red seedless

- 0.3 cup sugar
- 0.5 cup water

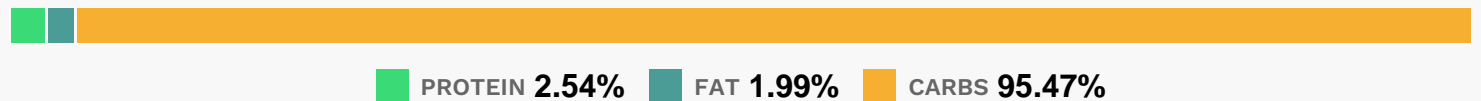
Equipment

- bowl
- sauce pan
- whisk

Directions

- Combine first 5 ingredients in a large bowl; set aside.
- Combine sugar and cornstarch in a small saucepan; gradually whisk in 1/2 cup water, orange juice, and lemon juice until blended.
- Bring sugar mixture to a boil, whisking constantly, over medium heat. Boil, whisking constantly, 1 minute.
- Pour mixture over fruit, tossing gently to coat. Cover and chill 4 hours.

Nutrition Facts



Properties

Glycemic Index:50.14, Glycemic Load:13.8, Inflammation Score:-3, Nutrition Score:4.2852173784505%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 3.75mg, Epicatechin: 3.75mg, Epicatechin: 3.75mg, Epicatechin: 3.75mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 1.56mg, Hesperetin: 1.56mg, Hesperetin: 1.56mg, Hesperetin: 1.56mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 137.65kcal (6.88%), Fat: 0.33g (0.51%), Saturated Fat: 0.07g (0.45%), Carbohydrates: 35.63g (11.88%), Net Carbohydrates: 32.8g (11.93%), Sugar: 27.69g (30.77%), Cholesterol: 0mg (0%), Sodium: 3.03mg (0.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.95g (1.89%), Vitamin C: 15.27mg (18.51%), Fiber: 2.83g (11.3%), Vitamin B6: 0.2mg (9.95%), Potassium: 289.68mg (8.28%), Manganese: 0.13mg (6.44%), Copper: 0.12mg (6.04%), Vitamin B1: 0.08mg (5.56%), Magnesium: 20.4mg (5.1%), Vitamin K: 5.21µg (4.96%), Vitamin B2: 0.07mg (3.98%), Folate: 13.92µg (3.48%), Vitamin B3: 0.46mg (2.31%), Phosphorus: 22.47mg (2.25%), Iron: 0.37mg (2.08%), Vitamin A: 101.1IU (2.02%), Vitamin B5: 0.18mg (1.76%), Calcium: 15.09mg (1.51%), Vitamin E: 0.19mg (1.25%)