

Fresh Fruit Salad



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



138 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 small banana sliced
- ☐ 0.5 cup blueberries fresh
- ☐ 0.5 mangos diced
- ☐ 1 small cranberry-orange relish diced peeled
- ☐ 2 tablespoons yogurt plain
- ☐ 0.5 cup raspberries fresh
- ☐ 0.5 cup strawberries fresh sliced
- ☐ 1 pinch sugar white

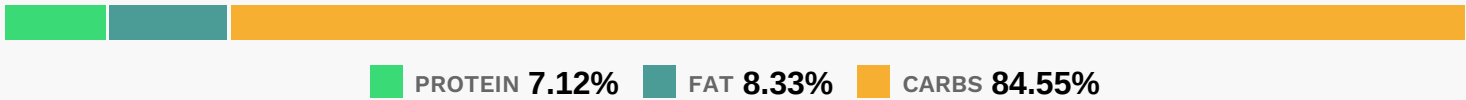
Equipment

☐ bowl

Directions

- ☐ Toss orange, mango, blueberries, strawberries, raspberries, and banana in a large bowl. Stir yogurt and syrup into the mixture to coat evenly.
- ☐ Sprinkle sugar over the salad; stir to serve.

Nutrition Facts



Properties

Glycemic Index:172.06, Glycemic Load:11.86, Inflammation Score:-8, Nutrition Score:12.535217414732%

Flavonoids

Cyanidin: 17.52mg, Cyanidin: 17.52mg, Cyanidin: 17.52mg, Cyanidin: 17.52mg Petunidin: 11.8mg, Petunidin: 11.8mg, Petunidin: 11.8mg, Petunidin: 11.8mg Delphinidin: 13.63mg, Delphinidin: 13.63mg, Delphinidin: 13.63mg, Delphinidin: 13.63mg Malvidin: 25.05mg, Malvidin: 25.05mg, Malvidin: 25.05mg, Malvidin: 25.05mg Pelargonidin: 9.25mg, Pelargonidin: 9.25mg, Pelargonidin: 9.25mg, Pelargonidin: 9.25mg Peonidin: 7.56mg, Peonidin: 7.56mg, Peonidin: 7.56mg, Peonidin: 7.56mg Catechin: 5.9mg, Catechin: 5.9mg, Catechin: 5.9mg, Catechin: 5.9mg Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg Epicatechin: 1.44mg, Epicatechin: 1.44mg, Epicatechin: 1.44mg, Epicatechin: 1.44mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Hesperetin: 13.08mg, Hesperetin: 13.08mg, Hesperetin: 13.08mg, Hesperetin: 13.08mg Naringenin: 7.45mg, Naringenin: 7.45mg, Naringenin: 7.45mg, Naringenin: 7.45mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 138.42kcal (6.92%), Fat: 1.41g (2.18%), Saturated Fat: 0.52g (3.27%), Carbohydrates: 32.31g (10.77%), Net Carbohydrates: 26.12g (9.5%), Sugar: 22.86g (25.4%), Cholesterol: 2.6mg (0.87%), Sodium: 11.01mg (0.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.72g (5.44%), Vitamin C: 79.29mg (96.11%), Manganese: 0.58mg (28.89%), Fiber: 6.19g (24.78%), Folate: 60.26µg (15.07%), Vitamin A: 738.09IU (14.76%), Potassium:

424.1mg (12.12%), Vitamin B6: 0.24mg (12.11%), Vitamin K: 12.61µg (12.01%), Copper: 0.17mg (8.3%), Magnesium: 32.69mg (8.17%), Vitamin E: 1.17mg (7.77%), Vitamin B2: 0.12mg (7.08%), Vitamin B1: 0.1mg (6.79%), Calcium: 65.84mg (6.58%), Phosphorus: 60.3mg (6.03%), Vitamin B5: 0.57mg (5.74%), Vitamin B3: 1.14mg (5.69%), Iron: 0.66mg (3.69%), Zinc: 0.47mg (3.14%), Selenium: 1.49µg (2.12%), Vitamin B12: 0.07µg (1.23%)