



Fresh Fruit Salad with Creamy Dressing



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



191 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup whipping cream
- ☐ 1 tablespoon powdered sugar
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 2 nectarines pitted sliced
- ☐ 1 cranberry-orange relish peeled sliced
- ☐ 1 medium pineapple cored peeled cut into 1-inch pieces
- ☐ 1 bunch grapes seedless cut in half (2 cups)

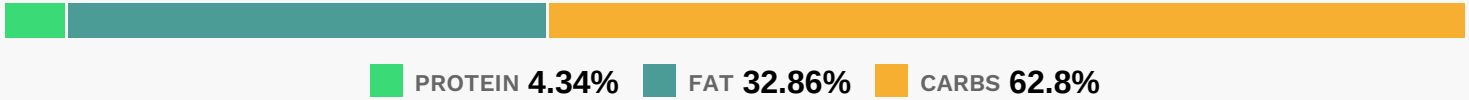
Equipment

- ☐ bowl
- ☐ hand mixer

Directions

- ☐ In chilled small bowl, beat all dressing ingredients with electric mixer on high speed until soft peaks form.
- ☐ In large bowl, place fruit.
- ☐ Add dressing; toss gently to coat. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:31.69, Glycemic Load:14.45, Inflammation Score:-7, Nutrition Score:13.320000036903%

Flavonoids

Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg Catechin: 1.41mg, Catechin: 1.41mg, Catechin: 1.41mg, Catechin: 1.41mg Epicatechin: 1.2mg, Epicatechin: 1.2mg, Epicatechin: 1.2mg, Epicatechin: 1.2mg Hesperetin: 5.95mg, Hesperetin: 5.95mg, Hesperetin: 5.95mg, Hesperetin: 5.95mg Naringenin: 3.34mg, Naringenin: 3.34mg, Naringenin: 3.34mg, Naringenin: 3.34mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 191.33kcal (9.57%), Fat: 7.53g (11.59%), Saturated Fat: 4.59g (28.69%), Carbohydrates: 32.4g (10.8%), Net Carbohydrates: 28.85g (10.49%), Sugar: 25.78g (28.64%), Cholesterol: 22.41mg (7.47%), Sodium: 13.47mg (0.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.24g (4.48%), Vitamin C: 86.09mg (104.35%), Manganese: 1.44mg (72.22%), Fiber: 3.55g (14.21%), Copper: 0.24mg (12.18%), Vitamin A: 599.25IU (11.98%), Vitamin B1: 0.17mg (11.52%), Vitamin B6: 0.22mg (10.96%), Folate: 37.78µg (9.44%), Potassium: 325.18mg (9.29%), Vitamin B2: 0.12mg (7.19%), Vitamin B3: 1.4mg (6.99%), Magnesium: 27.43mg (6.86%), Vitamin K: 5.7µg (5.43%), Vitamin B5: 0.52mg (5.25%), Calcium: 44.72mg (4.47%), Phosphorus: 43.15mg (4.32%), Iron: 0.7mg (3.88%), Vitamin E: 0.58mg (3.87%), Zinc: 0.36mg (2.39%), Vitamin D: 0.32µg (2.12%), Selenium: 0.89µg (1.26%)