



Fresh Fruit Salad with Honey Vanilla Yogurt

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



178 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 banana sliced
- 0.5 pint blueberries fresh
- 1 bunch grapes green seedless halved
- 2 tablespoons honey good
- 0.5 juice of orange juiced
- 2 cups yogurt plain
- 0.5 pint raspberries fresh
- 1 pint strawberries fresh hulled cut in half

- 2 seeds scraped from 1/ vanilla bean
- 0.5 teaspoon vanilla extract pure

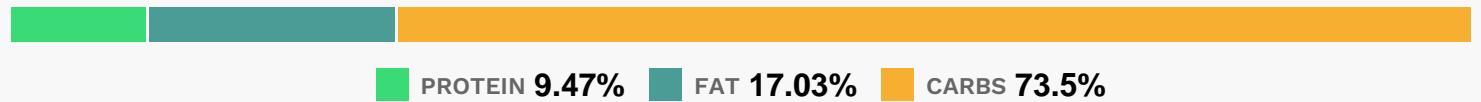
Equipment

- bowl

Directions

- Watch how to make this recipe.
- Combine the yogurt, honey, vanilla extract, and vanilla bean seeds in a bowl and set aside.
- Combine the orange juice and banana slices in a separate bowl.
- Add the berries and grapes and gently mix the fruit mixture together. Spoon the fruit into serving bowls and top with the yogurt.

Nutrition Facts



Properties

Glycemic Index:55.01, Glycemic Load:12.09, Inflammation Score:-6, Nutrition Score:12.683913036533%

Flavonoids

Cyanidin: 22.71mg, Cyanidin: 22.71mg, Cyanidin: 22.71mg, Cyanidin: 22.71mg Petunidin: 12.64mg, Petunidin: 12.64mg, Petunidin: 12.64mg, Petunidin: 12.64mg Delphinidin: 14.74mg, Delphinidin: 14.74mg, Delphinidin: 14.74mg, Delphinidin: 14.74mg Malvidin: 26.71mg, Malvidin: 26.71mg, Malvidin: 26.71mg, Malvidin: 26.71mg Pelargonidin: 19.98mg, Pelargonidin: 19.98mg, Pelargonidin: 19.98mg, Pelargonidin: 19.98mg Peonidin: 8.09mg, Peonidin: 8.09mg, Peonidin: 8.09mg, Peonidin: 8.09mg Catechin: 6.25mg, Catechin: 6.25mg, Catechin: 6.25mg, Catechin: 6.25mg Epigallocatechin: 1.06mg, Epigallocatechin: 1.06mg, Epigallocatechin: 1.06mg, Epigallocatechin: 1.06mg Epicatechin: 1.97mg, Epicatechin: 1.97mg, Epicatechin: 1.97mg, Epicatechin: 1.97mg Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 178.43kcal (8.92%), Fat: 3.64g (5.59%), Saturated Fat: 1.78g (11.1%), Carbohydrates: 35.3g (11.77%), Net Carbohydrates: 29.49g (10.72%), Sugar: 25.2g (28%), Cholesterol: 10.62mg (3.54%), Sodium: 40.12mg (1.74%), Alcohol: 0.11g (100%), Alcohol %: 0.05% (100%), Protein: 4.55g (9.1%), Vitamin C: 65.85mg (79.82%), Manganese: 0.78mg (38.97%), Fiber: 5.81g (23.24%), Vitamin K: 15.75µg (15%), Potassium: 461.8mg (13.19%), Calcium: 127.75mg (12.77%), Phosphorus: 122.35mg (12.24%), Vitamin B2: 0.2mg (11.65%), Folate: 41.28µg (10.32%), Vitamin B6: 0.2mg (9.97%), Magnesium: 38.6mg (9.65%), Copper: 0.15mg (7.51%), Vitamin B5: 0.69mg (6.85%), Vitamin B1: 0.09mg (6.33%), Vitamin E: 0.91mg (6.05%), Zinc: 0.88mg (5.89%), Iron: 0.91mg (5.07%), Vitamin B12: 0.3µg (5.04%), Vitamin B3: 0.97mg (4.83%), Selenium: 2.51µg (3.58%), Vitamin A: 161.07IU (3.22%)