



Fresh Fruit Salad with Lemon Cream

 Vegetarian  Gluten Free

READY IN



22 min.

SERVINGS



5

CALORIES



118 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon brown sugar
- 2 cups cantaloupe fresh chopped ()
- 1 tablespoon mint leaves fresh chopped
- 2 kiwifruit cubed peeled
- 6 ounce carton lemon yogurt low-fat (such as Yoplait Lemon Burst)
- 0.5 teaspoon lemon rind fresh grated
- 2 tablespoons cup heavy whipping cream sour reduced-fat
- 1 cup pineapple chunks fresh

1 cup strawberries fresh sliced

Equipment

bowl

Directions

- Combine first 4 ingredients in a small bowl; cover and chill until ready to serve.
- Combine cantaloupe and next 4 ingredients in a large bowl, tossing well to combine. Divide fruit salad evenly among 5 serving bowls; spoon lemon cream evenly over each serving.

Nutrition Facts



Properties

Glycemic Index:32.03, Glycemic Load:5.94, Inflammation Score:-9, Nutrition Score:11.153043624985%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 118.35kcal (5.92%), Fat: 1.46g (2.25%), Saturated Fat: 0.71g (4.44%), Carbohydrates: 25.16g (8.39%), Net Carbohydrates: 22.27g (8.1%), Sugar: 21.21g (23.57%), Cholesterol: 3.72mg (1.24%), Sodium: 50.57mg (2.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.34g (6.68%), Vitamin C: 56.44mg (68.41%), Vitamin A:

2298.94IU (45.98%), Vitamin K: 17.45µg (16.62%), Fiber: 2.9g (11.59%), Potassium: 374.27mg (10.69%), Calcium: 104.39mg (10.44%), Manganese: 0.19mg (9.39%), Copper: 0.18mg (8.87%), Phosphorus: 86.73mg (8.67%), Folate: 33.16µg (8.29%), Magnesium: 32.29mg (8.07%), Vitamin B1: 0.11mg (7.61%), Vitamin B2: 0.12mg (7.3%), Vitamin B6: 0.12mg (5.85%), Zinc: 0.76mg (5.06%), Vitamin B3: 0.89mg (4.44%), Vitamin E: 0.62mg (4.16%), Selenium: 2.77µg (3.95%), Vitamin B5: 0.38mg (3.78%), Iron: 0.68mg (3.78%), Vitamin B12: 0.21µg (3.51%)