



Fresh Fruit Salad with Nutmeg-Cinnamon Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



88 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup banana sliced (1 medium)
- ☐ 2 cups apples i use 2 granny smith apples thinly sliced (1 large apple)
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.3 cup maple syrup
- ☐ 0.5 cup orange sections (1 orange)

- ☐ 2 cups pears ripe thinly sliced (1 large pear)
- ☐ 1 cup strawberries sliced

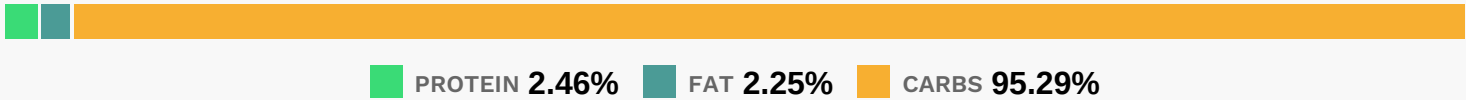
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Combine first 5 ingredients in a large bowl.
- ☐ Drizzle with juice; toss gently.
- ☐ Combine syrup, nutmeg, and cinnamon in a small saucepan. Cook over low heat 10 minutes, stirring occasionally. Spoon over fruit, and toss gently.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:39.69, Glycemic Load:7.31, Inflammation Score:-3, Nutrition Score:4.5695652184279%

Flavonoids

Cyanidin: 1.62mg, Cyanidin: 1.62mg, Cyanidin: 1.62mg, Cyanidin: 1.62mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.65mg, Catechin: 1.65mg, Catechin: 1.65mg, Catechin: 1.65mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 3.94mg, Epicatechin: 3.94mg, Epicatechin: 3.94mg, Epicatechin: 3.94mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 4.17mg, Hesperetin: 4.17mg, Hesperetin: 4.17mg, Hesperetin: 4.17mg Naringenin: 1.88mg, Naringenin: 1.88mg, Naringenin: 1.88mg, Naringenin: 1.88mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 87.67kcal (4.38%), Fat: 0.24g (0.37%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 22.62g (7.54%), Net Carbohydrates: 19.71g (7.17%), Sugar: 16.48g (18.31%), Cholesterol: 0mg (0%), Sodium: 1.98mg (0.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.58g (1.17%), Vitamin C: 23.51mg (28.49%), Manganese: 0.37mg (18.33%), Fiber: 2.92g (11.67%), Vitamin B2: 0.16mg (9.58%), Potassium: 192.33mg (5.5%), Vitamin B6: 0.08mg (3.89%), Folate: 14.88µg (3.72%), Magnesium: 13.02mg (3.26%), Copper: 0.06mg (3.21%), Vitamin K: 2.91µg (2.77%), Calcium: 25.14mg (2.51%), Vitamin B1: 0.04mg (2.38%), Phosphorus: 16.92mg (1.69%), Vitamin B3: 0.27mg (1.36%), Iron: 0.24mg (1.33%), Vitamin E: 0.2mg (1.32%), Vitamin B5: 0.13mg (1.31%), Vitamin A: 60.99IU (1.22%), Zinc: 0.18mg (1.17%)