



Fresh Fruit Salad with Orange-Ginger Syrup

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



172 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 pint blueberries fresh
- 1 large cantaloupe cut into 2-inch cubes
- 10 servings orange-ginger syrup
- 1 pineapple cored peeled cut into 2-inch cubes
- 2 pints strawberries fresh halved

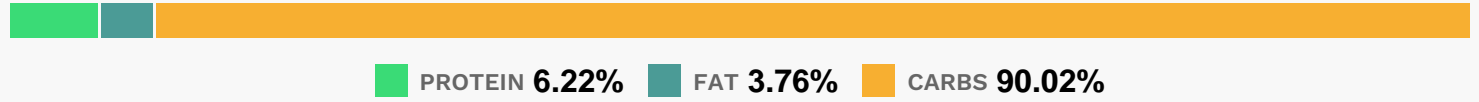
Equipment

- bowl

Directions

- Combine cantaloupe, strawberries, blueberries, and pineapple in a large bowl.
- Serve with chilled Orange-Ginger Syrup.

Nutrition Facts



Properties

Glycemic Index:24.87, Glycemic Load:18.29, Inflammation Score:-10, Nutrition Score:18.286956424298%

Flavonoids

Cyanidin: 5.59mg, Cyanidin: 5.59mg, Cyanidin: 5.59mg, Cyanidin: 5.59mg Petunidin: 15.02mg, Petunidin: 15.02mg, Petunidin: 15.02mg, Petunidin: 15.02mg Delphinidin: 17.06mg, Delphinidin: 17.06mg, Delphinidin: 17.06mg, Delphinidin: 17.06mg Malvidin: 31.99mg, Malvidin: 31.99mg, Malvidin: 31.99mg, Malvidin: 31.99mg Pelargonidin: 23.52mg, Pelargonidin: 23.52mg, Pelargonidin: 23.52mg, Pelargonidin: 23.52mg Peonidin: 9.65mg, Peonidin: 9.65mg, Peonidin: 9.65mg, Peonidin: 9.65mg Catechin: 5.45mg, Catechin: 5.45mg, Catechin: 5.45mg, Catechin: 5.45mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg Naringenin: 14.03mg, Naringenin: 14.03mg, Naringenin: 14.03mg, Naringenin: 14.03mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg Quercetin: 5.22mg, Quercetin: 5.22mg, Quercetin: 5.22mg, Quercetin: 5.22mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 172.48kcal (8.62%), Fat: 0.8g (1.24%), Saturated Fat: 0.09g (0.57%), Carbohydrates: 43.25g (14.42%), Net Carbohydrates: 36.14g (13.14%), Sugar: 33.08g (36.76%), Cholesterol: 0mg (0%), Sodium: 26.74mg (1.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.99g (5.97%), Vitamin C: 160.25mg (194.24%), Manganese: 1.42mg (70.95%), Vitamin A: 3044.85IU (60.9%), Fiber: 7.11g (28.43%), Folate: 80.24µg (20.06%), Potassium: 570.57mg (16.3%), Vitamin B1: 0.23mg (15.33%), Copper: 0.28mg (14.08%), Vitamin K: 14.05µg (13.38%), Vitamin B6: 0.26mg (12.85%), Magnesium: 45.58mg (11.4%), Vitamin B3: 1.83mg (9.17%), Vitamin B2: 0.13mg (7.48%), Calcium: 73.07mg (7.31%), Vitamin B5: 0.68mg (6.8%), Iron: 1.18mg (6.57%), Phosphorus: 62.07mg (6.21%), Vitamin E: 0.76mg (5.1%), Zinc: 0.74mg (4.92%), Selenium: 2.35µg (3.36%)