



Fresh Fruit With Lemon-Mint Sauce



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



5

CALORIES



186 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 2 large grapefruits red peeled
- ☐ 1 teaspoon honey
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 6 ounce vanilla yogurt low-fat
- ☐ 5 servings garnish: mint sprigs fresh
- ☐ 3 large oranges peeled

☐ 2 cups grapes red seedless halved

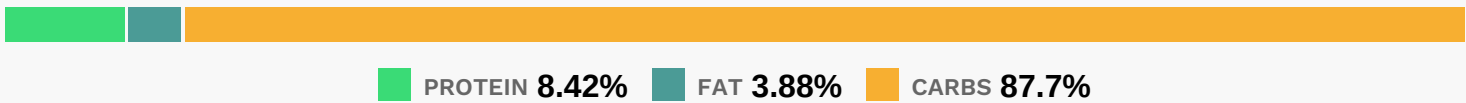
Equipment

☐ bowl

Directions

- ☐ Place first 4 ingredients in a medium bowl, gently tossing to combine. Cover and chill 2 hours.
- ☐ Stir together yogurt and next 3 ingredients just before serving, and serve with fruit mixture.
- ☐ Garnish, if desired.
- ☐ Kitchen Express Fresh Fruit With Lemon-Mint Sauce: Substitute 2 (24-ounce) jars refrigerated orange-and-grapefruit salad mix, drained, for oranges and grapefruits.
- ☐ Note: For testing purposes only, we used Del Monte SunFresh Citrus Salad in Extra Light Syrup in the Kitchen Express version.

Nutrition Facts



Properties

Glycemic Index:33.15, Glycemic Load:12.81, Inflammation Score:-9, Nutrition Score:13.827391292738%

Flavonoids

Eriodictyol: 1.22mg, Eriodictyol: 1.22mg, Eriodictyol: 1.22mg, Eriodictyol: 1.22mg Hesperetin: 31.72mg, Hesperetin: 31.72mg, Hesperetin: 31.72mg, Hesperetin: 31.72mg Naringenin: 60.34mg, Naringenin: 60.34mg, Naringenin: 60.34mg, Naringenin: 60.34mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 186.12kcal (9.31%), Fat: 0.88g (1.36%), Saturated Fat: 0.36g (2.26%), Carbohydrates: 44.94g (14.98%), Net Carbohydrates: 39.32g (14.3%), Sugar: 34.85g (38.72%), Cholesterol: 1.7mg (0.57%), Sodium: 24.73mg (1.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.32g (8.63%), Vitamin C: 106.17mg (128.69%), Vitamin A: 1958.09IU (39.16%), Fiber: 5.62g (22.48%), Potassium: 593.59mg (16.96%), Folate: 60.03µg (15.01%), Calcium: 145.86mg (14.59%), Vitamin B1: 0.21mg (14.22%), Vitamin B2: 0.21mg (12.1%), Vitamin B6: 0.21mg (10.58%), Phosphorus: 100.14mg (10.01%), Copper: 0.19mg (9.25%), Magnesium: 35.51mg (8.88%), Vitamin B5: 0.86mg

(8.62%), Vitamin K: 8.85µg (8.43%), Manganese: 0.14mg (6.91%), Vitamin B3: 0.79mg (3.96%), Zinc: 0.54mg (3.57%), Iron: 0.62mg (3.47%), Selenium: 2.43µg (3.47%), Vitamin E: 0.5mg (3.35%), Vitamin B12: 0.18µg (3.01%)