



## Fresh Fruit with Orange Sour Cream

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



73 kcal

SIDE DISH

### Ingredients

- 2 cups cantaloupe cubed
- 1 cup grapes green seedless halved
- 1 cup blueberries fresh
- 0.5 cup cream sour
- 1 teaspoon orange zest grated
- 1 tablespoon sugar
- 1 tablespoon orange juice

### Equipment

bowl

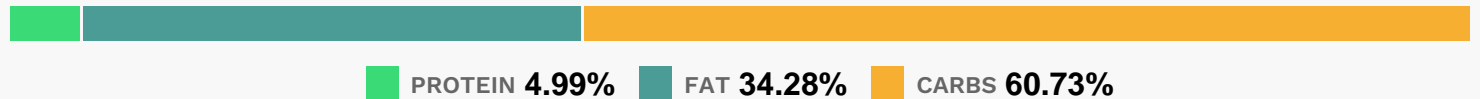
whisk

## Directions

In medium bowl, place cantaloupe, grapes and blueberries.

In small bowl, beat remaining ingredients with wire whisk until well blended. Stir sour cream mixture into fruit.

## Nutrition Facts



## Properties

Glycemic Index:34.45, Glycemic Load:5.54, Inflammation Score:-7, Nutrition Score:3.9621739024701%

## Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## Nutrients (% of daily need)

Calories: 72.61kcal (3.63%), Fat: 2.96g (4.56%), Saturated Fat: 1.49g (9.3%), Carbohydrates: 11.81g (3.94%), Net Carbohydrates: 10.84g (3.94%), Sugar: 10.09g (11.21%), Cholesterol: 8.48mg (2.83%), Sodium: 17.06mg (0.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.97g (1.94%), Vitamin A: 1470.1IU (29.4%), Vitamin C: 8.29mg (10.05%), Vitamin K: 7.62µg (7.26%), Manganese: 0.09mg (4.7%), Potassium: 135.88mg (3.88%), Fiber: 0.96g (3.86%), Copper: 0.07mg (3.62%), Vitamin B2: 0.06mg (3.35%), Vitamin B1: 0.04mg (2.97%), Vitamin B6: 0.05mg (2.45%), Phosphorus: 24.13mg (2.41%), Magnesium: 9.36mg (2.34%), Calcium: 21.77mg (2.18%), Folate: 8.66µg (2.17%), Vitamin B3: 0.41mg (2.07%), Selenium: 1.26µg (1.8%), Zinc: 0.27mg (1.79%), Iron: 0.29mg (1.6%), Vitamin E: 0.22mg (1.45%), Vitamin B5: 0.13mg (1.28%)