



## Fresh Fruit with Strawberry Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



87 kcal

SIDE DISH

### Ingredients

- 1 cup kiwifruit cubed peeled ( 3 kiwifruit)
- 0.3 teaspoon orange rind grated
- 2 cups orange sections ( 6 oranges)
- 1 cup strawberries unsweetened whole frozen thawed
- 2 teaspoons sugar

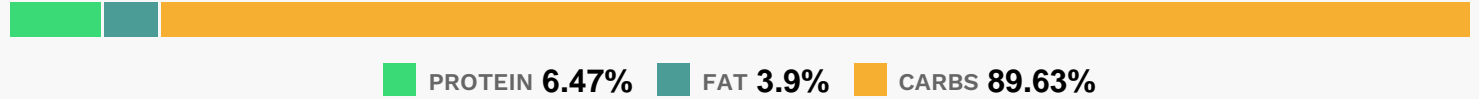
### Equipment

- bowl
- blender

# Directions

- Place the first 3 ingredients in a blender, and process until smooth; set sauce aside.
- Spoon 1/2 cup orange sections and 1/4 cup kiwifruit into each of 4 small bowls; top each serving with 3 tablespoons sauce.

# Nutrition Facts



# Properties

Glycemic Index:51.31, Glycemic Load:8.37, Inflammation Score:-6, Nutrition Score:9.6326086313828%

# Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg Naringenin: 13.88mg, Naringenin: 13.88mg, Naringenin: 13.88mg, Naringenin: 13.88mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

# Nutrients (% of daily need)

Calories: 87.31kcal (4.37%), Fat: 0.42g (0.64%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 21.6g (7.2%), Net Carbohydrates: 17.38g (6.32%), Sugar: 16.15g (17.94%), Cholesterol: 0mg (0%), Sodium: 2.6mg (0.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.12%), Vitamin C: 102.27mg (123.97%), Vitamin K: 18.62µg (17.74%), Fiber: 4.22g (16.88%), Folate: 47.18µg (11.8%), Manganese: 0.2mg (10.25%), Potassium: 305.9mg (8.74%), Vitamin B1: 0.1mg (6.6%), Copper: 0.12mg (5.87%), Calcium: 57.47mg (5.75%), Vitamin E: 0.84mg (5.61%), Magnesium: 20.79mg (5.2%), Vitamin A: 245.84IU (4.92%), Vitamin B6: 0.1mg (4.91%), Phosphorus: 36.31mg (3.63%), Vitamin B5: 0.35mg (3.52%), Vitamin B2: 0.06mg (3.26%), Vitamin B3: 0.56mg (2.79%), Iron: 0.35mg (1.92%), Zinc: 0.18mg (1.17%)