



Front Nine Fruit Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



405 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 bananas
- ☐ 1 pint blueberries rinsed
- ☐ 6 sprigs mint leaves fresh for garnish
- ☐ 1 wedges honeydew melon seeds removed
- ☐ 2 kiwi fruits peeled sliced
- ☐ 1 optional: lemon
- ☐ 1 small watermelon seedless

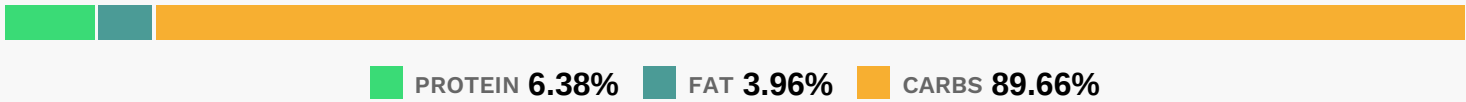
Equipment

- ☐ bowl
- ☐ mixing bowl
- ☐ melon baller

Directions

- ☐ With a melon baller cut honeydew and watermelon into a mixing bowl.
- ☐ Add blueberries, kiwi, and slice in bananas. Squeeze lemon juice over.
- ☐ Transfer to serving bowls and garnish with mint.

Nutrition Facts



Properties

Glycemic Index:41.27, Glycemic Load:50.27, Inflammation Score:-10, Nutrition Score:25.998261202937%

Flavonoids

Cyanidin: 6.67mg, Cyanidin: 6.67mg, Cyanidin: 6.67mg, Cyanidin: 6.67mg Petunidin: 24.87mg, Petunidin: 24.87mg, Petunidin: 24.87mg, Petunidin: 24.87mg Delphinidin: 27.94mg, Delphinidin: 27.94mg, Delphinidin: 27.94mg, Delphinidin: 27.94mg Malvidin: 53.3mg, Malvidin: 53.3mg, Malvidin: 53.3mg, Malvidin: 53.3mg Peonidin: 16mg, Peonidin: 16mg, Peonidin: 16mg, Peonidin: 16mg Catechin: 6.57mg, Catechin: 6.57mg, Catechin: 6.57mg, Catechin: 6.57mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 4.15mg, Eriodictyol: 4.15mg, Eriodictyol: 4.15mg, Eriodictyol: 4.15mg Hesperetin: 5.12mg, Hesperetin: 5.12mg, Hesperetin: 5.12mg, Hesperetin: 5.12mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 4.3mg, Luteolin: 4.3mg, Luteolin: 4.3mg, Luteolin: 4.3mg Kaempferol: 5.05mg, Kaempferol: 5.05mg, Kaempferol: 5.05mg, Kaempferol: 5.05mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 6.29mg, Quercetin: 6.29mg, Quercetin: 6.29mg, Quercetin: 6.29mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 405.27kcal (20.26%), Fat: 2.01g (3.09%), Saturated Fat: 0.29g (1.78%), Carbohydrates: 102.49g (34.16%), Net Carbohydrates: 93.38g (33.96%), Sugar: 79.65g (88.5%), Cholesterol: 0mg (0%), Sodium: 49.27mg (2.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.3g (14.59%), Vitamin C: 142.74mg (173.02%), Vitamin A: 4514.76IU (90.3%), Potassium: 1618.53mg (46.24%), Manganese: 0.76mg (38.03%), Vitamin B6: 0.74mg (37.24%),

Fiber: 9.12g (36.46%), Vitamin K: 34.58µg (32.93%), Magnesium: 118.78mg (29.69%), Vitamin B1: 0.39mg (25.74%), Copper: 0.49mg (24.62%), Vitamin B5: 2.31mg (23.1%), Folate: 86.64µg (21.66%), Vitamin B2: 0.26mg (15.18%), Iron: 2.72mg (15.1%), Vitamin B3: 2.97mg (14.83%), Phosphorus: 138.01mg (13.8%), Calcium: 89.73mg (8.97%), Vitamin E: 1.33mg (8.85%), Zinc: 1.19mg (7.94%), Selenium: 5.1µg (7.28%)