



## Frozen Fruit Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



304 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 4 bananas sliced
- 20 ounce pineapple with juice crushed canned
- 6 ounce lemonade concentrate frozen thawed canned
- 6 ounce orange juice concentrate frozen thawed canned
- 10 ounce strawberries frozen thawed
- 2 cups water
- 0.5 cup sugar white

## Equipment

frying pan

## Directions

Dissolve sugar in the water.

Add orange juice, lemonade, bananas, crushed pineapple with juice, strawberries and mix well.

Pour into 9x13 inch glass pan. Freeze until solid. When ready to serve, let it sit out for about 5 minutes before attempting to cut.

## Nutrition Facts

**PROTEIN 2.95%** **FAT 2.29%** **CARBS 94.76%**

## Properties

Glycemic Index:27.48, Glycemic Load:21.41, Inflammation Score:-6, Nutrition Score:12.258260851321%

## Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Pelargonidin: 11.74mg, Pelargonidin: 11.74mg, Pelargonidin: 11.74mg, Pelargonidin: 11.74mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 6.27mg, Catechin: 6.27mg, Catechin: 6.27mg, Catechin: 6.27mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 303.52kcal (15.18%), Fat: 0.83g (1.27%), Saturated Fat: 0.13g (0.79%), Carbohydrates: 76.99g (25.66%), Net Carbohydrates: 72.41g (26.33%), Sugar: 63.05g (70.06%), Cholesterol: 0mg (0%), Sodium: 10.28mg (0.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.4g (4.8%), Vitamin C: 88.33mg (107.07%), Vitamin B6: 0.46mg (23.06%), Manganese: 0.41mg (20.64%), Potassium: 670.16mg (19.15%), Fiber: 4.59g (18.35%), Vitamin B1: 0.22mg (14.38%), Folate: 55.61µg (13.9%), Magnesium: 54.25mg (13.56%), Copper: 0.22mg (10.97%), Vitamin B2: 0.14mg (8.26%), Vitamin B3: 1.31mg (6.57%), Phosphorus: 54.54mg (5.45%), Vitamin B5: 0.51mg (5.13%), Iron: 0.79mg (4.39%), Vitamin A: 210.71IU (4.21%), Calcium: 41.9mg (4.19%), Vitamin E: 0.43mg (2.87%), Selenium: 1.68µg (2.4%), Zinc: 0.34mg (2.3%), Vitamin K: 2.26µg (2.16%)