

FRUIT COCKTAIL (SALPICÓN DE FRUTAS)



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



135 kcal

Ingredients



6 cups fruit fresh red such as pineapple, papaya, watermelon, mango, apple, banana, and seedless grapes, cut into bite size pieces. assorted



4 cups strawberry juice fresh

Equipment



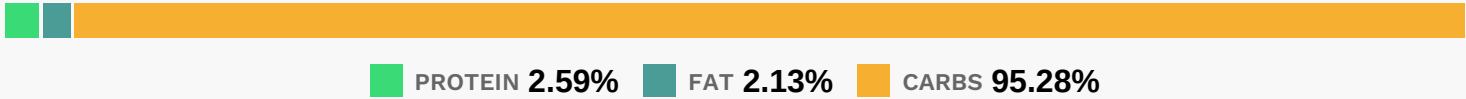
bowl

Directions



Place cut fruit in a large bowl, pour juice over fruit and stir. To serve, spoon fruit cocktail into tall glasses and top with vanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:10.84, Glycemic Load:14.57, Inflammation Score:-1, Nutrition Score:3.9530434595502%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epicatechin: 5.84mg, Epicatechin: 5.84mg, Epicatechin: 5.84mg, Epicatechin: 5.84mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 135.18kcal (6.76%), Fat: 0.34g (0.53%), Saturated Fat: 0.09g (0.55%), Carbohydrates: 34.51g (11.5%), Net Carbohydrates: 33.24g (12.09%), Sugar: 29.48g (32.76%), Cholesterol: 0mg (0%), Sodium: 7.22mg (0.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.88%), Vitamin K: 16.53µg (15.75%), Potassium: 341.55mg (9.76%), Manganese: 0.17mg (8.61%), Copper: 0.16mg (7.94%), Vitamin B1: 0.1mg (6.95%), Vitamin B6: 0.12mg (5.99%), Vitamin B2: 0.1mg (5.9%), Vitamin C: 4.74mg (5.75%), Fiber: 1.27g (5.07%), Magnesium: 14.13mg (3.53%), Phosphorus: 31.33mg (3.13%), Iron: 0.56mg (3.09%), Calcium: 21.25mg (2.12%), Vitamin E: 0.23mg (1.52%), Vitamin B3: 0.3mg (1.52%), Vitamin A: 75.99IU (1.52%), Vitamin B5: 0.12mg (1.17%)