

Fruit Cup with Citrus Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



70 kcal

SIDE DISH

Ingredients

- 1.5 cups cantaloupe balls
- 6 servings mint leaves fresh
- 1 cup grapes green halved
- 2 tablespoons juice of lemon
- 0.8 cup orange juice
- 1 cup strawberries fresh halved
- 1 tablespoon sugar
- 0.3 cup grape juice

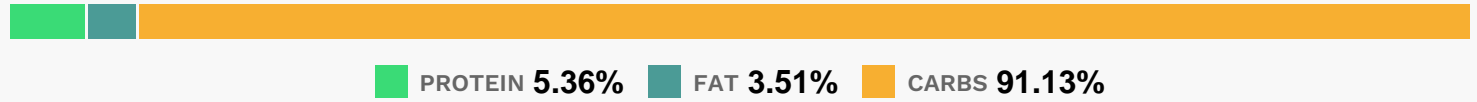
Equipment

bowl

Directions

- In a small bowl, combine the orange juice, wine or grape juice, lemon juice and sugar; mix well. In a large bowl, combine the fruit; add juice mixture and toss to coat.
- Cover and refrigerate for 2–3 hours, stirring occasionally.
- Garnish with mint if desired.

Nutrition Facts



Properties

Glycemic Index:45.93, Glycemic Load:7.78, Inflammation Score:-8, Nutrition Score:6.3499999512797%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg Malvidin: 1.18mg, Malvidin: 1.18mg, Malvidin: 1.18mg, Malvidin: 1.18mg Pelargonidin: 5.97mg, Pelargonidin: 5.97mg, Pelargonidin: 5.97mg, Pelargonidin: 5.97mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 0.83mg, Catechin: 0.83mg, Catechin: 0.83mg, Catechin: 0.83mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg Hesperetin: 4.53mg, Hesperetin: 4.53mg, Hesperetin: 4.53mg, Hesperetin: 4.53mg Naringenin: 0.79mg, Naringenin: 0.79mg, Naringenin: 0.79mg, Naringenin: 0.79mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 69.86kcal (3.49%), Fat: 0.3g (0.45%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 17.28g (5.76%), Net Carbohydrates: 16.04g (5.83%), Sugar: 14.78g (16.43%), Cholesterol: 0mg (0%), Sodium: 15.24mg (0.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.02g (2.03%), Vitamin C: 37.5mg (45.46%), Vitamin A: 1621.65IU (32.43%), Manganese: 0.17mg (8.53%), Potassium: 238.1mg (6.8%), Folate: 23.9µg (5.97%), Vitamin K: 5.47µg (5.21%), Vitamin B1: 0.08mg (5.1%), Copper: 0.1mg (5.04%), Fiber: 1.24g (4.95%), Magnesium: 16.2mg (4.05%), Vitamin B6: 0.07mg (3.5%), Vitamin B3: 0.61mg (3.03%), Vitamin B2: 0.05mg (2.91%), Iron: 0.5mg (2.79%), Phosphorus: 26.19mg (2.62%), Zinc: 0.28mg (1.88%), Calcium: 17.66mg (1.77%), Vitamin B5: 0.16mg (1.63%), Selenium: 0.92µg (1.32%), Vitamin E: 0.16mg (1.06%)