



Fruit Medley With Orange-Yogurt Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



121 kcal

SIDE DISH

Ingredients

- 2 kiwifruit
- 0.5 cup vanilla yogurt low-fat
- 2 navel oranges peeled
- 1 tablespoon orange juice
- 2 cups strawberries halved

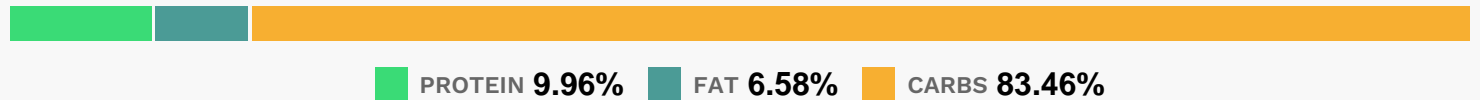
Equipment

- bowl

Directions

- Peel kiwifruit; cut into 1/4-inch slices.
- Cut slices in half.
- Combine kiwifruit, strawberries, and orange sections in a bowl.
- Combine yogurt and liqueur, stirring well.
- Spoon fruit mixture into 4 dessert bowls; drizzle 2 tablespoons dressing over fruit in each bowl.
- Garnish with mint sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:23.17, Glycemic Load:4.27, Inflammation Score:-7, Nutrition Score:11.467391262884%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Hesperetin: 15.31mg, Hesperetin: 15.31mg, Hesperetin: 15.31mg, Hesperetin: 15.31mg Naringenin: 5.16mg, Naringenin: 5.16mg, Naringenin: 5.16mg, Naringenin: 5.16mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg Galocatechin: 0.02mg, Galocatechin: 0.02mg, Galocatechin: 0.02mg, Galocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 121.31kcal (6.07%), Fat: 0.92g (1.41%), Saturated Fat: 0.29g (1.79%), Carbohydrates: 26.11g (8.7%), Net Carbohydrates: 21.77g (7.92%), Sugar: 19g (21.11%), Cholesterol: 1.53mg (0.51%), Sodium: 24.21mg (1.05%), Alcohol:

0.98g (100%), Alcohol %: 0.56% (100%), Protein: 3.12g (6.23%), Vitamin C: 117.94mg (142.96%), Vitamin K: 19.95µg (19%), Fiber: 4.34g (17.38%), Manganese: 0.34mg (17.23%), Folate: 56.28µg (14.07%), Calcium: 109.95mg (11%), Potassium: 384.64mg (10.99%), Phosphorus: 90.42mg (9.04%), Vitamin B2: 0.12mg (7.35%), Magnesium: 29.35mg (7.34%), Vitamin B6: 0.13mg (6.53%), Copper: 0.13mg (6.42%), Vitamin E: 0.91mg (6.08%), Vitamin B1: 0.09mg (6.01%), Vitamin B5: 0.52mg (5.25%), Vitamin A: 234.29IU (4.69%), Vitamin B3: 0.78mg (3.91%), Zinc: 0.48mg (3.17%), Iron: 0.52mg (2.88%), Vitamin B12: 0.16µg (2.71%), Selenium: 1.89µg (2.7%)