



Fruit Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



26 min.

SERVINGS



2

CALORIES



321 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 banana
- 1 cup poached berries fresh
- 2 tablespoons honey
- 1 small navel oranges
- 1 piece seasonal fruit (apple, pear or grapes)
- 0.5 vanilla pod

Equipment

- bowl

microwave

Directions

- Trim off all the peel and pith from the oranges or grapefruit. Halve or quarter them top to bottom, and slice crosswise into thin pieces. (With clementines, simply peel and pull into segments.) Halve or quarter strawberries if large. Peel and slice the bananas. Prepare the seasonal fruit as needed. Toss all the fruit in large bowl.
- Stir the honey and vanilla bean , if using, in a small bowl and microwave on low until just warmed and syrupy, about 1 minute. Toss with fruit and let cool.
- Transfer to an air-tight container and pack with spoon.

Nutrition Facts

 **PROTEIN 3.08%**  **FAT 3.1%**  **CARBS 93.82%**

Properties

Glycemic Index:53.53, Glycemic Load:15.55, Inflammation Score:-8, Nutrition Score:12.545217192691%

Flavonoids

Cyanidin: 3.38mg, Cyanidin: 3.38mg, Cyanidin: 3.38mg, Cyanidin: 3.38mg Petunidin: 14.07mg, Petunidin: 14.07mg, Petunidin: 14.07mg, Petunidin: 14.07mg Delphinidin: 16.73mg, Delphinidin: 16.73mg, Delphinidin: 16.73mg, Delphinidin: 16.73mg Malvidin: 38.48mg, Malvidin: 38.48mg, Malvidin: 38.48mg, Malvidin: 38.48mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 15.31mg, Hesperetin: 15.31mg, Hesperetin: 15.31mg, Hesperetin: 15.31mg Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.88mg, Luteolin: 1.88mg, Luteolin: 1.88mg, Luteolin: 1.88mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 1.38mg, Myricetin: 1.38mg, Myricetin: 1.38mg, Myricetin: 1.38mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 321.36kcal (16.07%), Fat: 1.21g (1.86%), Saturated Fat: 0.14g (0.88%), Carbohydrates: 82.26g (27.42%), Net Carbohydrates: 73.46g (26.71%), Sugar: 62.25g (69.17%), Cholesterol: 0mg (0%), Sodium: 14.15mg (0.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.7g (5.41%), Vitamin C: 53.5mg (64.84%), Fiber: 8.81g (35.23%), Vitamin K: 23.35µg (22.24%), Manganese: 0.37mg (18.55%), Vitamin A: 925.81IU (18.52%), Vitamin B6: 0.36mg (17.93%), Potassium: 580.44mg (16.58%), Copper: 0.28mg (13.76%), Folate: 45.94µg (11.49%), Vitamin B3: 2mg (10%), Vitamin B2: 0.17mg (9.97%), Magnesium: 39.17mg (9.79%), Vitamin B1: 0.12mg (7.85%), Phosphorus: 65.44mg (6.54%), Iron:

1.17mg (6.5%), Vitamin B5: 0.58mg (5.83%), Calcium: 51.76mg (5.18%), Vitamin E: 0.54mg (3.57%), Zinc: 0.45mg (2.98%), Selenium: 0.84µg (1.19%)