



Fruit Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



186 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

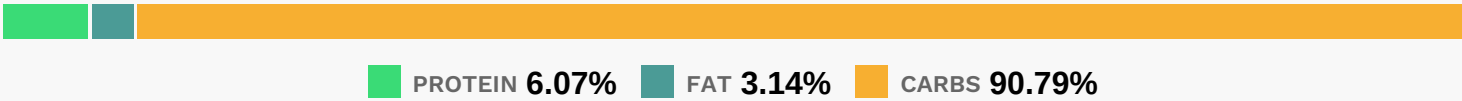
- ☐ 3 bananas sliced
- ☐ 11 ounce mandarin orange segents drained canned
- ☐ 1 cup grapes green
- ☐ 0.3 teaspoon ground ginger
- ☐ 2 tablespoons orange marmalade
- ☐ 20 ounce pineapple chunks drained canned
- ☐ 0.7 cup vanilla yogurt

Equipment

Directions

- ☐
- Combine mandarin oranges, pineapple chunks, grapes, and bananas.
- ☐
- Stir together yogurt, orange marmalade, and ground ginger; toss with fruit mixture. Chill salad until ready to serve.

Nutrition Facts



Properties

Glycemic Index:16.8, Glycemic Load:8.52, Inflammation Score:-7, Nutrition Score:8.9060870719993%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 186.14kcal (9.31%), Fat: 0.7g (1.08%), Saturated Fat: 0.31g (1.94%), Carbohydrates: 45.84g (15.28%), Net Carbohydrates: 42.17g (15.33%), Sugar: 36.62g (40.69%), Cholesterol: 1.36mg (0.45%), Sodium: 26.36mg (1.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.13%), Vitamin C: 32.98mg (39.97%), Vitamin B6: 0.35mg (17.27%), Vitamin A: 799.38IU (15.99%), Fiber: 3.67g (14.68%), Potassium: 510.33mg (14.58%), Vitamin B1: 0.19mg (12.64%), Magnesium: 42.25mg (10.56%), Copper: 0.21mg (10.52%), Manganese: 0.21mg (10.37%), Vitamin B2: 0.15mg (9.01%), Calcium: 76mg (7.6%), Phosphorus: 67.5mg (6.75%), Folate: 23.23µg (5.81%), Vitamin B3: 0.98mg (4.9%), Zinc: 0.71mg (4.72%), Vitamin K: 4.66µg (4.44%), Iron: 0.69mg (3.86%), Selenium: 2.62µg (3.74%), Vitamin B5: 0.36mg (3.61%), Vitamin B12: 0.14µg (2.4%), Vitamin E: 0.21mg (1.42%)