



## Fruit Salad (Ensalada de Frutas)

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



663 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 0.3 cup condensed milk
- ☐ 1 cup grapes seedless
- ☐ 1 cup heavy cream
- ☐ 2 teaspoons honey
- ☐ 1 mangos diced ripe peeled
- ☐ 1 small papaya diced peeled
- ☐ 2 small pineapples
- ☐ 1 cup yogurt plain

- ☐ 4 servings condensed dressing   sweet
- ☐ 2 cups strawberries   sliced
- ☐ 0.5 teaspoon vanilla extract
- ☐ 2 cups watermelon   diced peeled
- ☐ 4 servings yogurt dressing

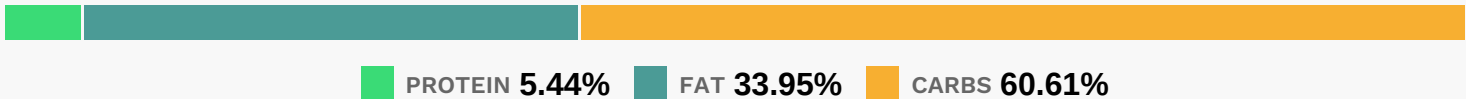
## Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk

## Directions

- ☐ In a small mixing ball whisk together the dressing ingredients you have chosen. Set aside. With a large sharp knife cut each pineapple in half, the long way, from top to bottom. Be sure to include the crown.
- ☐ Remove the inside of the pineapple and cut into chunks, place in a large bowl.
- ☐ Add the rest of the fruit to the bowl and combine.
- ☐ Place equal amount of fruit on each pineapple boat, drizzle with dressing and serve.

## Nutrition Facts



## Properties

Glycemic Index:120.28, Glycemic Load:53.76, Inflammation Score:-10, Nutrition Score:29.645651920982%

## Flavonoids

Cyanidin: 1.26mg, Cyanidin: 1.26mg, Cyanidin: 1.26mg, Cyanidin: 1.26mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.9mg, Pelargonidin: 17.9mg, Pelargonidin: 17.9mg, Pelargonidin: 17.9mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 3.13mg, Catechin: 3.13mg, Catechin: 3.13mg, Catechin: 3.13mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg

Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3–gallate: 0.11mg, Epicatechin 3–gallate: 0.11mg, Epicatechin 3–gallate: 0.11mg, Epicatechin 3–gallate: 0.11mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 663.31kcal (33.17%), Fat: 26.74g (41.14%), Saturated Fat: 16.26g (101.6%), Carbohydrates: 107.41g (35.8%), Net Carbohydrates: 97.51g (35.46%), Sugar: 86.91g (96.56%), Cholesterol: 82.24mg (27.41%), Sodium: 87.99mg (3.83%), Alcohol: 0.17g (100%), Alcohol %: 0.02% (100%), Protein: 9.65g (19.29%), Vitamin C: 309.16mg (374.74%), Manganese: 4.59mg (229.27%), Vitamin A: 2637.35IU (52.75%), Fiber: 9.9g (39.6%), Folate: 147.03µg (36.76%), Vitamin B6: 0.73mg (36.74%), Copper: 0.7mg (35.18%), Vitamin B1: 0.5mg (33.11%), Potassium: 1143.58mg (32.67%), Vitamin B2: 0.52mg (30.3%), Calcium: 261.99mg (26.2%), Magnesium: 103.82mg (25.96%), Phosphorus: 223.06mg (22.31%), Vitamin B5: 1.96mg (19.56%), Vitamin B3: 3.36mg (16.8%), Vitamin K: 16.3µg (15.53%), Iron: 2.25mg (12.5%), Selenium: 7.68µg (10.97%), Vitamin E: 1.63mg (10.9%), Zinc: 1.52mg (10.15%), Vitamin D: 1.05µg (7.02%), Vitamin B12: 0.41µg (6.84%)