



Fruit Salad in Orange Cups



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



88 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup blueberries fresh thawed
- ☐ 0.5 teaspoon mint leaves fresh minced
- ☐ 3 tablespoons vanilla nonfat yogurt frozen softened
- ☐ 1 large cranberry-orange relish
- ☐ 2 teaspoons orange juice concentrate frozen undiluted
- ☐ 0.3 cup strawberries fresh sliced

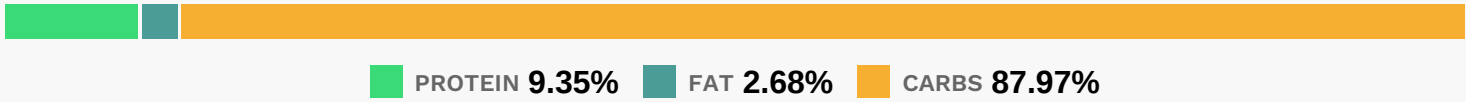
Equipment

- ☐ bowl

Directions

- ☐ Cut orange in half crosswise; remove and discard seeds. Carefully remove pulp (do not puncture bottoms of orange halves). Reserve orange cups. Coarsely chop pulp, and place in a small bowl.
- ☐ Add strawberries and blueberries; toss gently. Spoon fruit mixture evenly into orange cups.
- ☐ Combine yogurt, orange juice concentrate, and minced mint, stirring well. Spoon yogurt mixture evenly over fruit.
- ☐ Garnish with mint sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:61.25, Glycemic Load:4.98, Inflammation Score:-6, Nutrition Score:8.0121739999108%

Flavonoids

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Nutrients (% of daily need)

Calories: 87.93kcal (4.4%), Fat: 0.28g (0.43%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 20.87g (6.96%), Net Carbohydrates: 17.81g (6.48%), Sugar: 17g (18.89%), Cholesterol: 0.44mg (0.15%), Sodium: 13.58mg (0.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.22g (4.43%), Vitamin C: 68.63mg (83.19%), Fiber: 3.06g

(12.25%), Folate: 38.85µg (9.71%), Manganese: 0.17mg (8.25%), Potassium: 282.48mg (8.07%), Calcium: 76.44mg (7.64%), Vitamin B1: 0.11mg (7.58%), Vitamin B2: 0.1mg (5.7%), Phosphorus: 48.84mg (4.88%), Vitamin A: 241.55IU (4.83%), Vitamin B6: 0.09mg (4.75%), Magnesium: 17.72mg (4.43%), Vitamin K: 4.23µg (4.03%), Copper: 0.07mg (3.3%), Vitamin B5: 0.3mg (3.03%), Selenium: 1.9µg (2.72%), Vitamin E: 0.37mg (2.44%), Vitamin B3: 0.48mg (2.41%), Zinc: 0.29mg (1.94%), Vitamin B12: 0.1µg (1.74%), Iron: 0.25mg (1.39%)