



## Fruit Salad with Citrus-Basil Syrup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



136 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 pound apricots sliced
- 0.3 cup basil fresh packed
- 2 tablespoons basil fresh chopped
- 1 tablespoon lemon zest packed
- 1 tablespoon orange zest packed
- 0.5 pound peaches peeled sliced
- 0.5 pound plums sliced
- 0.5 cup sugar

1 cup water

## Equipment

bowl

sieve

## Directions

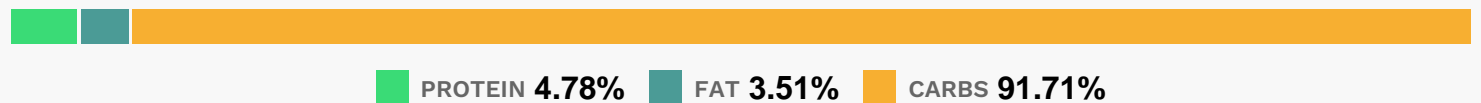
Bring water and sugar to a boil over medium heat.

Remove from heat, and stir in 1/4 cup firmly packed fresh basil leaves, orange zest, and lemon zest.

Let stand 20 minutes. Meanwhile, combine peaches, plums, and apricots in a large bowl.

Pour sugar mixture through a fine wire-mesh strainer into a bowl; discard solids. Stir 1/4 to 1/2 cup syrup and 2 Tbsp. chopped fresh basil into fruit; reserve remaining syrup for another use.

## Nutrition Facts



## Properties

Glycemic Index:55.11, Glycemic Load:17.28, Inflammation Score:-8, Nutrition Score:6.2343477632688%

## Flavonoids

Cyanidin: 2.85mg, Cyanidin: 2.85mg, Cyanidin: 2.85mg, Cyanidin: 2.85mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 5.73mg, Catechin: 5.73mg, Catechin: 5.73mg, Catechin: 5.73mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 5.68mg, Epicatechin: 5.68mg, Epicatechin: 5.68mg, Epicatechin: 5.68mg Epicatechin 3-gallate: 0.29mg, Epicatechin 3-gallate: 0.29mg, Epicatechin 3-gallate: 0.29mg, Epicatechin 3-gallate: 0.29mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

## Nutrients (% of daily need)

Calories: 135.54kcal (6.78%), Fat: 0.57g (0.88%), Saturated Fat: 0.04g (0.22%), Carbohydrates: 33.57g (11.19%), Net Carbohydrates: 30.73g (11.17%), Sugar: 30.59g (33.98%), Cholesterol: 0mg (0%), Sodium: 7.96mg (0.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.75g (3.5%), Vitamin A: 1802.28IU (36.05%), Vitamin C: 15.65mg

(18.97%), Vitamin K: 12.96µg (12.35%), Fiber: 2.85g (11.39%), Potassium: 310.23mg (8.86%), Vitamin E: 1.07mg (7.1%), Copper: 0.13mg (6.29%), Manganese: 0.12mg (6.04%), Vitamin B3: 0.94mg (4.72%), Magnesium: 15.06mg (3.77%), Vitamin B2: 0.06mg (3.41%), Vitamin B6: 0.07mg (3.36%), Phosphorus: 33.01mg (3.3%), Iron: 0.56mg (3.14%), Folate: 12.53µg (3.13%), Vitamin B5: 0.3mg (3.02%), Vitamin B1: 0.04mg (2.98%), Calcium: 20.86mg (2.09%), Zinc: 0.3mg (2%), Selenium: 0.99µg (1.42%)