



Fruit Salad with Cream Cheese-Pecan Topping

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



10

CALORIES



237 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup blackberries fresh
- 2 cups blueberries fresh
- 2 cups cantaloupe cubed
- 0.3 cup confectioners' sugar
- 8 ounce cream cheese softened
- 2 cups grapes green halved
- 0.5 cup heavy whipping cream
- 2 tablespoons juice of lemon fresh

- 0.5 cup pecans chopped
- 1 star fruit sliced
- 2 cups strawberries fresh sliced

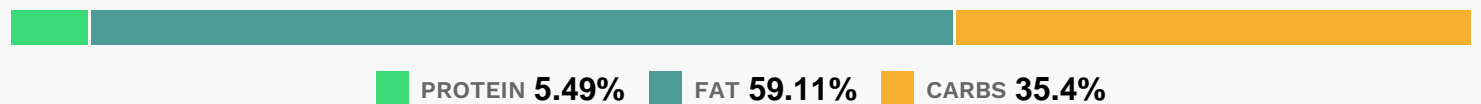
Equipment

- bowl
- hand mixer

Directions

- In a serving bowl, combine the blueberries, blackberries, cantaloupe, grapes, strawberries, and starfruit.
- In a medium bowl, beat the cream cheese and lemon juice at medium–low speed with an electric mixer until smooth.
- In a separate medium bowl, beat the heavy cream at medium–high speed with an electric mixer until slightly thickened. Gradually add the confectioners' sugar, beating until soft peaks form. Gently fold into the cream cheese mixture; spread over the fruit.
- Sprinkle with chopped pecans.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:29.15, Glycemic Load:6.71, Inflammation Score:-8, Nutrition Score:9.6152174213658%

Flavonoids

Cyanidin: 17.97mg, Cyanidin: 17.97mg, Cyanidin: 17.97mg, Cyanidin: 17.97mg Petunidin: 9.36mg, Petunidin: 9.36mg, Petunidin: 9.36mg, Petunidin: 9.36mg Delphinidin: 10.97mg, Delphinidin: 10.97mg, Delphinidin: 10.97mg, Delphinidin: 10.97mg Malvidin: 20.01mg, Malvidin: 20.01mg, Malvidin: 20.01mg, Malvidin: 20.01mg Pelargonidin: 7.22mg, Pelargonidin: 7.22mg, Pelargonidin: 7.22mg, Pelargonidin: 7.22mg Peonidin: 6.05mg, Peonidin: 6.05mg, Peonidin: 6.05mg, Peonidin: 6.05mg Catechin: 8.19mg, Catechin: 8.19mg, Catechin: 8.19mg, Catechin: 8.19mg Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg Epicatechin: 1.02mg, Epicatechin: 1.02mg, Epicatechin: 1.02mg, Epicatechin: 1.02mg Epicatechin 3–gallate:

0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg
Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg,
Epigallocatechin 3-gallate: 0.25mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol:
0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.12mg,
Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg,
Luteolin: 0.26mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin:
0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 3.12mg, Quercetin: 3.12mg,
Quercetin: 3.12mg, Quercetin: 3.12mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg,
Galocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 236.65kcal (11.83%), Fat: 16.42g (25.26%), Saturated Fat: 7.71g (48.16%), Carbohydrates: 22.13g (7.38%),
Net Carbohydrates: 18.76g (6.82%), Sugar: 17.05g (18.94%), Cholesterol: 36.35mg (12.12%), Sodium: 85.63mg
(3.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.43g (6.86%), Vitamin C: 31.71mg (38.43%), Vitamin A:
1640.73IU (32.81%), Manganese: 0.59mg (29.5%), Vitamin K: 15.52µg (14.78%), Fiber: 3.36g (13.46%), Copper: 0.2mg
(10.2%), Vitamin B2: 0.14mg (8.01%), Potassium: 276.95mg (7.91%), Phosphorus: 72.71mg (7.27%), Vitamin B1: 0.1mg
(6.85%), Magnesium: 25.23mg (6.31%), Vitamin E: 0.89mg (5.95%), Folate: 22.78µg (5.7%), Vitamin B6: 0.1mg
(5.16%), Calcium: 50.61mg (5.06%), Zinc: 0.73mg (4.85%), Selenium: 3.37µg (4.81%), Vitamin B5: 0.41mg (4.07%),
Iron: 0.71mg (3.93%), Vitamin B3: 0.73mg (3.67%), Vitamin D: 0.19µg (1.27%), Vitamin B12: 0.07µg (1.15%)