



Fruit Salad with Herb, Citrus, Mint-Maple, or Basic Syrup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



87 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 blueberries
- ☐ 0.3 cup mint leaves fresh julienned
- ☐ 1 cup wedges honeydew melon cut into large chunks
- ☐ 2 kiwi fruit peeled cut into large chunks
- ☐ 1 mangos pitted peeled cut into large chunks
- ☐ 1 sprigs mint leaves fresh
- ☐ 2 cranberry-orange relish peeled cut into sections

- ☐ 1 papaya pitted peeled cut into large chunks
- ☐ 2 cups pineapple fresh cut into large chunks
- ☐ 1 half and half
- ☐ 1 pint strawberries hulled halved

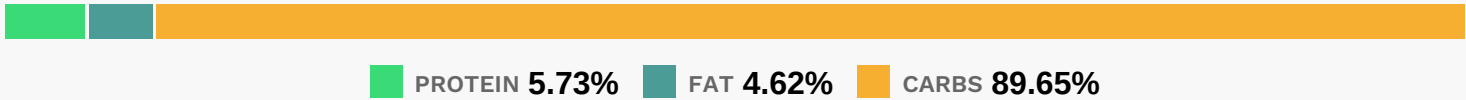
Equipment

- ☐ bowl

Directions

- ☐ Combine all the fruit in a large bowl and stir in one of the syrups.
- ☐ Garnish with the mint or rosemary sprigs if you're using Herb Syrup.
- ☐ Reprinted with permission from Lulu Powers Food to Flowers: Simple, Stylish Food for Easy Entertaining by Lulu Powers with Laura Holmes Haddad, © April 2010 William Morrow

Nutrition Facts



Properties

Glycemic Index:34.43, Glycemic Load:8.51, Inflammation Score:-7, Nutrition Score:10.637391271799%

Flavonoids

Cyanidin: 0.83mg, Cyanidin: 0.83mg, Cyanidin: 0.83mg, Cyanidin: 0.83mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Pelargonidin: 11.76mg, Pelargonidin: 11.76mg, Pelargonidin: 11.76mg, Pelargonidin: 11.76mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 1.83mg, Catechin: 1.83mg, Catechin: 1.83mg, Catechin: 1.83mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 7.26mg, Hesperetin: 7.26mg, Hesperetin: 7.26mg, Hesperetin: 7.26mg Naringenin: 4.14mg, Naringenin: 4.14mg, Naringenin: 4.14mg, Naringenin: 4.14mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.47mg

Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 87.19kcal (4.36%), Fat: 0.5g (0.77%), Saturated Fat: 0.08g (0.5%), Carbohydrates: 21.74g (7.25%), Net Carbohydrates: 18.07g (6.57%), Sugar: 16.26g (18.07%), Cholesterol: 0.04mg (0.01%), Sodium: 7.85mg (0.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.78%), Vitamin C: 100.64mg (121.99%), Manganese: 0.56mg (27.88%), Fiber: 3.67g (14.67%), Folate: 54.67µg (13.67%), Vitamin A: 673.34IU (13.47%), Vitamin K: 10.79µg (10.27%), Potassium: 327.89mg (9.37%), Copper: 0.14mg (7%), Vitamin B6: 0.14mg (6.94%), Magnesium: 26.8mg (6.7%), Vitamin B1: 0.09mg (5.7%), Vitamin E: 0.71mg (4.73%), Vitamin B3: 0.83mg (4.14%), Calcium: 41.18mg (4.12%), Vitamin B5: 0.36mg (3.58%), Vitamin B2: 0.06mg (3.39%), Phosphorus: 32.67mg (3.27%), Iron: 0.56mg (3.11%), Zinc: 0.22mg (1.48%), Selenium: 0.82µg (1.17%)