



Fruit Salad with Honey-Yogurt Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



199 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 medium banana sliced
- ☐ 1.5 cups braeburn apple chopped (1 large)
- ☐ 1 tablespoon honey
- ☐ 1 cup kiwi fruit peeled chopped (2 large)
- ☐ 1.5 teaspoons lime zest grated
- ☐ 1 cup vanilla yogurt low-fat
- ☐ 1 cup orange sections (2 oranges)
- ☐ 3 cups pineapple cubed (1 medium)

- ☐ 0.3 cup slivered almonds toasted
- ☐ 0.3 cup coconut sweetened flaked

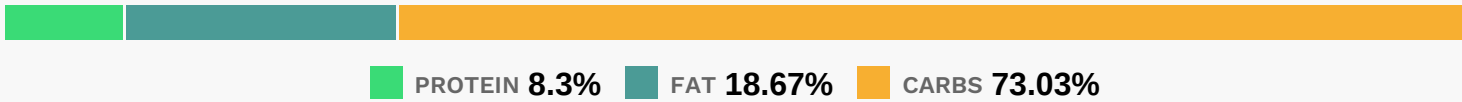
Equipment

- ☐ bowl

Directions

- ☐ Combine yogurt, honey, and lime rind in a small bowl.
- ☐ Combine pineapple and next 4 ingredients (through coconut) in a large bowl; toss gently to combine. Just before serving, stir in banana. Top fruit mixture with yogurt sauce; sprinkle with almonds.

Nutrition Facts



Properties

Glycemic Index:55.81, Glycemic Load:13.44, Inflammation Score:-6, Nutrition Score:14.29826071988%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.66mg, Catechin: 1.66mg, Catechin: 1.66mg, Catechin: 1.66mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 8.39mg, Hesperetin: 8.39mg, Hesperetin: 8.39mg, Hesperetin: 8.39mg Naringenin: 4.63mg, Naringenin: 4.63mg, Naringenin: 4.63mg, Naringenin: 4.63mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 199.3kcal (9.96%), Fat: 4.46g (6.86%), Saturated Fat: 1.8g (11.24%), Carbohydrates: 39.26g (13.09%), Net Carbohydrates: 34.19g (12.43%), Sugar: 29.68g (32.98%), Cholesterol: 2.04mg (0.68%), Sodium: 43.41mg (1.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.46g (8.93%), Vitamin C: 81.07mg (98.27%), Manganese:

1.02mg (50.89%), Fiber: 5.07g (20.29%), Potassium: 448.27mg (12.81%), Vitamin K: 13.3µg (12.66%), Vitamin B6: 0.24mg (12.02%), Vitamin B2: 0.2mg (11.99%), Calcium: 118.73mg (11.87%), Copper: 0.23mg (11.74%), Magnesium: 45.68mg (11.42%), Vitamin E: 1.69mg (11.27%), Phosphorus: 110.32mg (11.03%), Folate: 43.11µg (10.78%), Vitamin B1: 0.14mg (9.19%), Vitamin B5: 0.65mg (6.46%), Vitamin B3: 1.01mg (5.05%), Selenium: 3.46µg (4.95%), Zinc: 0.72mg (4.83%), Iron: 0.71mg (3.96%), Vitamin A: 188.33IU (3.77%), Vitamin B12: 0.22µg (3.61%)