



Fruit Salad With Pudding

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



12

CALORIES



130 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup blueberries
- 2 cups cantaloupe chunks (1 inch)
- 1 cup grapes green seedless
- 3.4 oz jell-o vanilla flavor pudding instant
- 2 nectarines chopped
- 1 cup orange juice cold
- 2 cups strawberries fresh halved
- 2 cups watermelon chunks seedless (1 inch)

Equipment

bowl

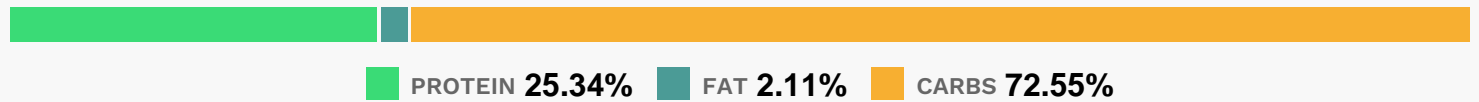
whisk

Directions

Beat pudding mix and orange juice in large bowl with whisk 2 min.

Add fruit; toss to coat.

Nutrition Facts



Properties

Glycemic Index:24.64, Glycemic Load:5.37, Inflammation Score:-4, Nutrition Score:5.2834782315337%

Flavonoids

Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg Petunidin: 3.92mg, Petunidin: 3.92mg, Petunidin: 3.92mg, Petunidin: 3.92mg Delphinidin: 4.44mg, Delphinidin: 4.44mg, Delphinidin: 4.44mg, Delphinidin: 4.44mg Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg Peonidin: 2.51mg, Peonidin: 2.51mg, Peonidin: 2.51mg, Peonidin: 2.51mg Catechin: 2.1mg, Catechin: 2.1mg, Catechin: 2.1mg, Catechin: 2.1mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 0.78mg, Epicatechin: 0.78mg, Epicatechin: 0.78mg, Epicatechin: 0.78mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 129.73kcal (6.49%), Fat: 0.31g (0.48%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 24.01g (8%), Net Carbohydrates: 20.09g (7.3%), Sugar: 17.77g (19.74%), Cholesterol: 0mg (0%), Sodium: 56.44mg (2.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.39g (16.77%), Vitamin C: 28.78mg (34.89%), Fiber: 3.92g (15.7%), Iron:

2.03mg (11.27%), Manganese: 0.17mg (8.45%), Calcium: 60.36mg (6.04%), Vitamin A: 281.9IU (5.64%), Vitamin K: 5.26µg (5.01%), Potassium: 172.57mg (4.93%), Folate: 15.13µg (3.78%), Copper: 0.08mg (3.77%), Vitamin B1: 0.05mg (3.6%), Magnesium: 11.68mg (2.92%), Vitamin B3: 0.56mg (2.8%), Vitamin B6: 0.05mg (2.7%), Phosphorus: 22.37mg (2.24%), Vitamin B2: 0.04mg (2.24%), Vitamin E: 0.33mg (2.19%), Vitamin B5: 0.19mg (1.91%)