

Fruit Salad with Vanilla Yogurt

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



12

CALORIES



129 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup cantaloupe balls
- 1 cup grapes
- 1 cup wedges honeydew melon
- 2 kiwi fruit peeled cut into bite-size pieces
- 32 ounce vanilla yogurt low-fat
- 1 large peaches pitted cut into bite-size pieces
- 1 cup pineapple fresh cubed
- 2 plums pitted cut into bite-size pieces

16 ounce strawberries fresh hulled halved

1 cup cherries dark sweet pitted halved

Equipment

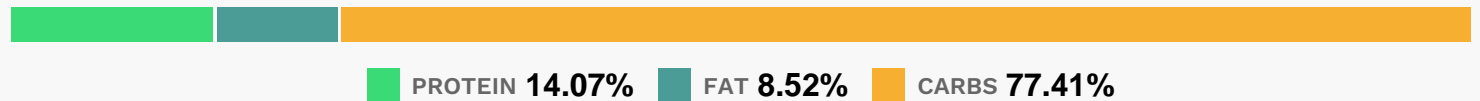
bowl

Directions

In a large salad bowl, lightly mix together the strawberries, peach, plums, kiwi fruit, cherries, honeydew melon, cantaloupe, pineapple, and grapes until the fruit is well mixed.

Serve in bowls with yogurt spooned over the top.

Nutrition Facts



Properties

Glycemic Index:30.48, Glycemic Load:5.69, Inflammation Score:-6, Nutrition Score:9.844782549402%

Flavonoids

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Nutrients (% of daily need)

Calories: 129.25kcal (6.46%), Fat: 1.3g (2%), Saturated Fat: 0.65g (4.06%), Carbohydrates: 26.6g (8.87%), Net Carbohydrates: 24.23g (8.81%), Sugar: 23.05g (25.61%), Cholesterol: 3.78mg (1.26%), Sodium: 60.29mg (2.62%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.83g (9.67%), Vitamin C: 47.74mg (57.87%), Manganese: 0.33mg (16.64%), Calcium: 148.59mg (14.86%), Vitamin A: 665.3IU (13.31%), Phosphorus: 131.35mg (13.14%), Potassium: 408.5mg (11.67%), Vitamin B2: 0.19mg (11.42%), Vitamin K: 11.14µg (10.61%), Fiber: 2.36g (9.45%), Folate: 30.7µg (7.67%), Magnesium: 28.5mg (7.13%), Vitamin B12: 0.4µg (6.68%), Selenium: 4.57µg (6.53%), Vitamin B5: 0.63mg (6.25%), Copper: 0.12mg (5.99%), Vitamin B6: 0.12mg (5.9%), Vitamin B1: 0.09mg (5.78%), Zinc: 0.86mg (5.71%), Vitamin B3: 0.72mg (3.59%), Vitamin E: 0.5mg (3.35%), Iron: 0.52mg (2.88%)