



Fruit Salad with Yogurt



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



238 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon brown sugar dark
- ☐ 2 cups greek yogurt
- ☐ 3 cups grapes green seedless
- ☐ 1 tablespoon honey
- ☐ 2 mangoes peeled sliced
- ☐ 4 cups pineapple chunks fresh
- ☐ 8 oz raspberries fresh
- ☐ 1 qt strawberries hulled sliced in half

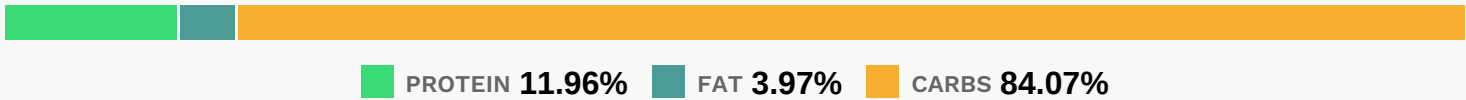
Equipment

☐ bowl

Directions

- ☐ Toss together first 5 ingredients in a large serving bowl. Spoon yogurt into a separate serving bowl; sprinkle yogurt with sugar, and drizzle with honey.
- ☐ Serve fruit with yogurt mixture.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:12.28, Inflammation Score:-8, Nutrition Score:16.440869517948%

Flavonoids

Cyanidin: 15.01mg, Cyanidin: 15.01mg, Cyanidin: 15.01mg, Cyanidin: 15.01mg Petunidin: 0.22mg, Petunidin: 0.22mg, Petunidin: 0.22mg, Petunidin: 0.22mg Delphinidin: 0.75mg, Delphinidin: 0.75mg, Delphinidin: 0.75mg, Delphinidin: 0.75mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 29.68mg, Pelargonidin: 29.68mg, Pelargonidin: 29.68mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 4.94mg, Catechin: 4.94mg, Catechin: 4.94mg, Catechin: 4.94mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 237.87kcal (11.89%), Fat: 1.14g (1.76%), Saturated Fat: 0.16g (1.03%), Carbohydrates: 54.33g (18.11%), Net Carbohydrates: 47.24g (17.18%), Sugar: 45.02g (50.02%), Cholesterol: 2.5mg (0.83%), Sodium: 22.82mg (0.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.73g (15.46%), Vitamin C: 108.77mg (131.84%), Manganese: 0.73mg (36.35%), Fiber: 7.09g (28.36%), Potassium: 639.44mg (18.27%), Copper: 0.35mg (17.42%), Folate: 67.21µg (16.8%), Vitamin B2: 0.26mg (15.44%), Vitamin K: 16.08µg (15.32%), Vitamin B6: 0.3mg (15.17%), Vitamin B1: 0.22mg

(14.85%), Vitamin A: 682.01IU (13.64%), Magnesium: 54.19mg (13.55%), Phosphorus: 131.63mg (13.16%), Calcium: 113.2mg (11.32%), Selenium: 6.36µg (9.08%), Vitamin E: 1.19mg (7.94%), Vitamin B3: 1.53mg (7.63%), Iron: 1.36mg (7.53%), Vitamin B12: 0.35µg (5.83%), Vitamin B5: 0.54mg (5.41%), Zinc: 0.76mg (5.07%)