



Fruit Salad with Yogurt Dressing

 Vegetarian  Gluten Free

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

96 kcal

- SIDE DISH
- ANTIPASTI
- STARTER
- SNACK

Ingredients

- ☐ 1 cup apricots sliced 2
- ☐ 1 cup blueberries fresh
- ☐ 2 tablespoons yogurt plain fat-free
- ☐ 0.5 cup grapes green seedless cut in half 14
- ☐ 1.5 cups peaches sliced 2
- ☐ 1 tablespoon raspberry jam seedless

Equipment

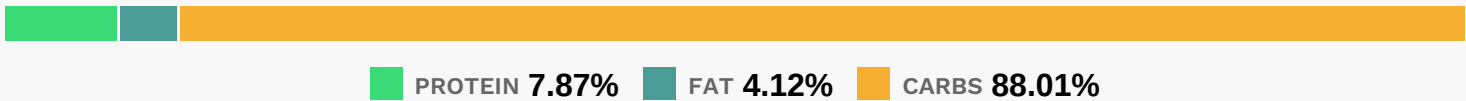
- ☐ bowl

☐ knife

Directions

- ☐ Combine yogurt and jam in a small bowl.
- ☐ Combine peaches and next 3 ingredients in a large bowl.
- ☐ Add yogurt mixture to fruit, and toss gently to coat.
- ☐ Wash apricots
- ☐ Measure blueberries
- ☐ Halve grapes with dinner knife
- ☐ Stir fruit and yogurt mixture together

Nutrition Facts



Properties

Glycemic Index:55.73, Glycemic Load:8.62, Inflammation Score:-7, Nutrition Score:5.6869565818621%

Flavonoids

Cyanidin: 4.24mg, Cyanidin: 4.24mg, Cyanidin: 4.24mg, Cyanidin: 4.24mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 6.22mg, Catechin: 6.22mg, Catechin: 6.22mg, Catechin: 6.22mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 3.42mg, Epicatechin: 3.42mg, Epicatechin: 3.42mg, Epicatechin: 3.42mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 96.47kcal (4.82%), Fat: 0.48g (0.74%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 23.13g (7.71%), Net Carbohydrates: 20.37g (7.41%), Sugar: 18.23g (20.26%), Cholesterol: 0.2mg (0.07%), Sodium: 17.94mg (0.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.14%), Vitamin A: 967.73IU (19.35%), Vitamin C: 10.97mg (13.29%), Vitamin K: 12.93µg (12.31%), Fiber: 2.75g (11.02%), Manganese: 0.21mg (10.26%), Potassium: 264.71mg

(7.56%), Vitamin E: 1.02mg (6.79%), Copper: 0.13mg (6.34%), Vitamin B2: 0.09mg (5.23%), Phosphorus: 46.48mg (4.65%), Vitamin B3: 0.9mg (4.51%), Vitamin B6: 0.08mg (3.86%), Vitamin B1: 0.06mg (3.85%), Magnesium: 14.14mg (3.53%), Calcium: 32.35mg (3.24%), Iron: 0.55mg (3.07%), Vitamin B5: 0.3mg (3.02%), Folate: 11.3µg (2.83%), Zinc: 0.38mg (2.55%), Selenium: 1.77µg (2.52%), Vitamin B12: 0.06µg (1.02%)