



 **61%**  
HEALTH SCORE

## Fruit Tray with Fruit Dip

 Vegetarian  Very Healthy

READY IN



30 min.

SERVINGS



3

CALORIES



1591 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups blueberries
- 1 cantaloupe cut into cubes or balled
- 8 ounce cream cheese
- 0.3 cup granulated sugar
- 2 large clusters grapes and several clusters champagne grapes green seedless
- 1 wedges honeydew melon cut into cubes or balled
- 6 to 8 kiwi peeled sliced
- 1 lemon zest juiced

- 24 long strawberries stemmed
- 6 oranges peeled sliced into wheels
- 3 servings pineapple juice
- 2 pineapples whole
- 1 cup powdered sugar
- 1 Leaf lettuce red
- 1 cup whipping cream

## Equipment

## Directions

- Soften cream cheese and then whip with powdered sugar. Whip cream and sugar together until it forms soft peaks.
- Combine beaten cream cheese, whipped cream, lemon juice and zest; continue to beat, adding just enough pineapple juice to achieve desired consistency.
- Serve with fresh fruit tray or fruit salad.

## Nutrition Facts



**PROTEIN 4.77%** **FAT 30.73%** **CARBS 64.5%**

## Properties

Glycemic Index:174.81, Glycemic Load:91.84, Inflammation Score:-10, Nutrition Score:55.923043603482%

## Flavonoids

Cyanidin: 8.35mg, Cyanidin: 8.35mg, Cyanidin: 8.35mg, Cyanidin: 8.35mg Petunidin: 31.11mg, Petunidin: 31.11mg, Petunidin: 31.11mg, Petunidin: 31.11mg Delphinidin: 34.96mg, Delphinidin: 34.96mg, Delphinidin: 34.96mg, Delphinidin: 34.96mg Malvidin: 66.69mg, Malvidin: 66.69mg, Malvidin: 66.69mg, Malvidin: 66.69mg Peonidin: 20.02mg, Peonidin: 20.02mg, Peonidin: 20.02mg, Peonidin: 20.02mg Catechin: 5.22mg, Catechin: 5.22mg, Catechin: 5.22mg, Catechin: 5.22mg Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg Epicatechin: 1.15mg, Epicatechin: 1.15mg, Epicatechin: 1.15mg, Epicatechin: 1.15mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Hesperetin: 71.39mg, Hesperetin: 71.39mg, Hesperetin: 71.39mg, Hesperetin: 71.39mg

Hesperetin: 71.39mg Naringenin: 40.14mg, Naringenin: 40.14mg, Naringenin: 40.14mg, Naringenin: 40.14mg Luteolin: 3.28mg, Luteolin: 3.28mg, Luteolin: 3.28mg, Luteolin: 3.28mg Kaempferol: 3.99mg, Kaempferol: 3.99mg, Kaempferol: 3.99mg, Kaempferol: 3.99mg Myricetin: 1.74mg, Myricetin: 1.74mg, Myricetin: 1.74mg, Myricetin: 1.74mg Quercetin: 9.72mg, Quercetin: 9.72mg, Quercetin: 9.72mg, Quercetin: 9.72mg Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg

## **Nutrients (% of daily need)**

Calories: 1590.69kcal (79.53%), Fat: 57.93g (89.12%), Saturated Fat: 33.97g (212.33%), Carbohydrates: 273.59g (91.2%), Net Carbohydrates: 245.61g (89.31%), Sugar: 221.14g (245.71%), Cholesterol: 166mg (55.33%), Sodium: 408.84mg (17.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.22g (40.44%), Vitamin C: 673.5mg (816.36%), Manganese: 6.45mg (322.72%), Vitamin A: 9785.39IU (195.71%), Vitamin K: 119.22µg (113.54%), Fiber: 27.98g (111.92%), Folate: 359.96µg (89.99%), Potassium: 3038.62mg (86.82%), Vitamin B6: 1.53mg (76.71%), Vitamin B1: 1.09mg (72.54%), Copper: 1.4mg (69.87%), Magnesium: 217.66mg (54.42%), Vitamin B2: 0.83mg (48.71%), Calcium: 426.57mg (42.66%), Vitamin B3: 8.18mg (40.88%), Vitamin B5: 3.93mg (39.29%), Phosphorus: 380.42mg (38.04%), Vitamin E: 5.1mg (34.02%), Selenium: 22.79µg (32.56%), Iron: 4.49mg (24.95%), Zinc: 3.21mg (21.42%), Vitamin D: 1.27µg (8.46%), Vitamin B12: 0.29µg (4.89%)