



Fruity Rainbow Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



126 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 ounces pineapple chunks unsweetened canned
- 2 cups strawberries fresh sliced
- 2 cups grapes green
- 15 ounces mandarin oranges drained canned
- 1 cup blueberries fresh
- 1 cup nectarines sliced
- 0.3 cup juice of lemon
- 0.3 cup honey

0.1 teaspoon nutmeg

Equipment

bowl

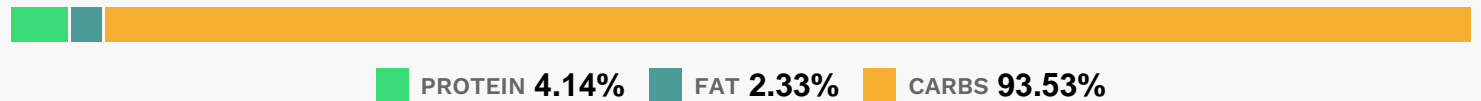
Directions

Drain pineapple, reserving 1/4 cup juice. (Discard remaining juice or save for another use). In a bowl, combine the pineapple, strawberries, grapes, oranges, blueberries and nectarines.

In another bowl, combine the lemon juice, honey, nutmeg and reserved pineapple juice.

Pour over fruit; mix gently. Cover and refrigerate for several hours or overnight.

Nutrition Facts



Properties

Glycemic Index:36.41, Glycemic Load:9.85, Inflammation Score:-7, Nutrition Score:7.5673912400785%

Flavonoids

Cyanidin: 2.55mg, Cyanidin: 2.55mg, Cyanidin: 2.55mg, Cyanidin: 2.55mg Petunidin: 5.87mg, Petunidin: 5.87mg, Petunidin: 5.87mg, Petunidin: 5.87mg Delphinidin: 6.67mg, Delphinidin: 6.67mg, Delphinidin: 6.67mg, Delphinidin: 6.67mg Malvidin: 12.51mg, Malvidin: 12.51mg, Malvidin: 12.51mg, Malvidin: 12.51mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 3.77mg, Peonidin: 3.77mg, Peonidin: 3.77mg, Peonidin: 3.77mg Catechin: 2.63mg, Catechin: 2.63mg, Catechin: 2.63mg, Catechin: 2.63mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.72mg, Epicatechin: 0.72mg, Epicatechin: 0.72mg, Epicatechin: 0.72mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 126.34kcal (6.32%), Fat: 0.36g (0.56%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 32.6g (10.87%), Net Carbohydrates: 29.78g (10.83%), Sugar: 28.19g (31.32%), Cholesterol: 0mg (0%), Sodium: 7.07mg (0.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.89%), Vitamin C: 48.38mg (58.64%), Vitamin A: 810.63IU (16.21%), Manganese: 0.25mg (12.39%), Fiber: 2.83g (11.32%), Vitamin K: 10.43µg (9.93%), Vitamin B1: 0.13mg (8.35%), Potassium: 285.76mg (8.16%), Copper: 0.15mg (7.4%), Vitamin B6: 0.11mg (5.68%), Magnesium: 20.87mg (5.22%), Vitamin B2: 0.07mg (4.37%), Folate: 17.41µg (4.35%), Vitamin B3: 0.82mg (4.12%), Iron: 0.66mg (3.69%), Vitamin E: 0.49mg (3.25%), Zinc: 0.48mg (3.21%), Phosphorus: 31.99mg (3.2%), Calcium: 23.07mg (2.31%), Vitamin B5: 0.14mg (1.37%)