



Ginormous Fruit Salad Surprise



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



2

CALORIES



162 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup blueberries
- ☐ 2 cups cucumber diced peeled
- ☐ 2 servings mint leaves fresh for serving, optional
- ☐ 1 large fuji apple cored chopped
- ☐ 1 teaspoon granulated sugar
- ☐ 0.3 cup orange juice freshly-squeezed
- ☐ 1 teaspoon seasoned rice vinegar
- ☐ 1 cup strawberries diced

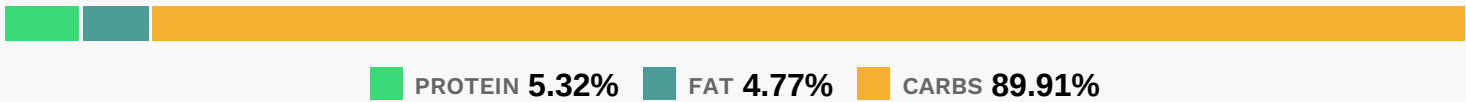
Equipment

☐ bowl

Directions

- ☐ Watch how to make this recipe.
- ☐ In a small bowl, combine orange juice, vinegar, and sugar. Stir until blended and set aside.
- ☐ Place cucumber, blueberries, strawberries, and apple in a large bowl. Top with the orange juice mixture and stir gently to coat.
- ☐ Cover and refrigerate for at least 1 hour (overnight is best). Stir gently just before serving.
- ☐ Garnish with mint, if using. Enjoy!!!

Nutrition Facts



Properties

Glycemic Index:149.55, Glycemic Load:12.62, Inflammation Score:-7, Nutrition Score:13.019130346568%

Flavonoids

Cyanidin: 9.22mg, Cyanidin: 9.22mg, Cyanidin: 9.22mg, Cyanidin: 9.22mg Petunidin: 23.41mg, Petunidin: 23.41mg, Petunidin: 23.41mg, Petunidin: 23.41mg Delphinidin: 26.44mg, Delphinidin: 26.44mg, Delphinidin: 26.44mg, Delphinidin: 26.44mg Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 15.07mg, Peonidin: 15.07mg, Peonidin: 15.07mg, Peonidin: 15.07mg Catechin: 7.6mg, Catechin: 7.6mg, Catechin: 7.6mg, Catechin: 7.6mg Epigallocatechin: 1.34mg, Epigallocatechin: 1.34mg, Epigallocatechin: 1.34mg, Epigallocatechin: 1.34mg Epicatechin: 9.16mg, Epicatechin: 9.16mg, Epicatechin: 9.16mg, Epicatechin: 9.16mg Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg Hesperetin: 3.81mg, Hesperetin: 3.81mg, Hesperetin: 3.81mg, Hesperetin: 3.81mg Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg Myricetin: 1.01mg, Myricetin: 1.01mg, Myricetin: 1.01mg, Myricetin: 1.01mg Quercetin: 11.02mg, Quercetin: 11.02mg, Quercetin: 11.02mg, Quercetin: 11.02mg Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg

Nutrients (% of daily need)

Calories: 161.96kcal (8.1%), Fat: 0.94g (1.45%), Saturated Fat: 0.09g (0.56%), Carbohydrates: 39.89g (13.3%), Net Carbohydrates: 32.92g (11.97%), Sugar: 28.92g (32.14%), Cholesterol: 0mg (0%), Sodium: 5.93mg (0.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.36g (4.72%), Vitamin C: 74.72mg (90.57%), Manganese: 0.68mg (34.01%), Fiber: 6.97g (27.86%), Vitamin K: 27.93µg (26.6%), Potassium: 535.1mg (15.29%), Folate: 54.13µg (13.53%), Copper: 0.22mg (10.92%), Vitamin B6: 0.2mg (9.98%), Magnesium: 39.57mg (9.89%), Vitamin B1: 0.13mg (8.9%), Phosphorus: 72.46mg (7.25%), Vitamin B2: 0.12mg (7.1%), Vitamin B5: 0.63mg (6.31%), Vitamin A: 309.05IU (6.18%), Vitamin E: 0.88mg (5.89%), Iron: 1.04mg (5.8%), Calcium: 47.28mg (4.73%), Vitamin B3: 0.88mg (4.39%), Zinc: 0.52mg (3.45%)