

Glazed Fruit Bowl

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



25

CALORIES



106 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 40 ounces pineapple chunks unsweetened canned
- 6 ounces vanilla pudding
- 2.5 cups orange juice
- 1 small cantaloupe cubed
- 3.5 cups wedges honeydew melon cubed
- 2 cups strawberries fresh halved
- 2 cups blueberries fresh
- 2 cups grapes seedless

2 medium banana firm sliced

Equipment

bowl

sauce pan

Directions

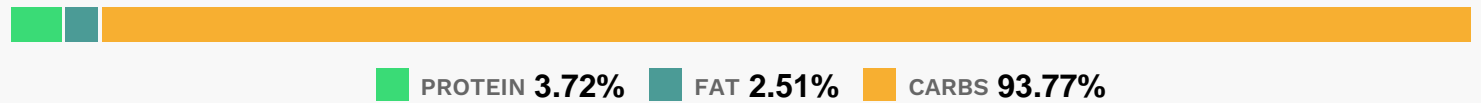
Drain pineapple, reserving 1 cup juice; set pineapple aside. (Discard remaining juice or save for another use.) In a large saucepan, combine the pudding mix, pineapple juice and orange juice. Cook and stir over medium heat until mixture boils and thickens.

Remove from the heat; cool.

In a large bowl, combine the pineapple, melons, berries, grapes and bananas.

Drizzle with pudding mixture. Refrigerate until serving.

Nutrition Facts



Properties

Glycemic Index:12.01, Glycemic Load:5.03, Inflammation Score:-6, Nutrition Score:5.57304351744444%

Flavonoids

Cyanidin: 1.2mg, Cyanidin: 1.2mg, Cyanidin: 1.2mg, Cyanidin: 1.2mg Petunidin: 3.75mg, Petunidin: 3.75mg, Petunidin: 3.75mg, Petunidin: 3.75mg Delphinidin: 4.23mg, Delphinidin: 4.23mg, Delphinidin: 4.23mg, Delphinidin: 4.23mg Malvidin: 8mg, Malvidin: 8mg, Malvidin: 8mg, Malvidin: 8mg Pelargonidin: 2.86mg, Pelargonidin: 2.86mg, Pelargonidin: 2.86mg, Pelargonidin: 2.86mg Peonidin: 2.41mg, Peonidin: 2.41mg, Peonidin: 2.41mg, Peonidin: 2.41mg Catechin: 1.56mg, Catechin: 1.56mg, Catechin: 1.56mg, Catechin: 1.56mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.96mg, Hesperetin: 2.96mg, Hesperetin: 2.96mg, Hesperetin: 2.96mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 105.9kcal (5.29%), Fat: 0.32g (0.49%), Saturated Fat: 0.06g (0.35%), Carbohydrates: 26.54g (8.85%), Net Carbohydrates: 24.66g (8.97%), Sugar: 22.04g (24.49%), Cholesterol: 0mg (0%), Sodium: 54.05mg (2.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.05g (2.11%), Vitamin C: 32mg (38.79%), Vitamin A: 702.55IU (14.05%), Potassium: 272.78mg (7.79%), Fiber: 1.88g (7.52%), Vitamin B1: 0.1mg (6.98%), Manganese: 0.14mg (6.8%), Vitamin B6: 0.13mg (6.43%), Copper: 0.12mg (5.83%), Vitamin K: 5.86µg (5.58%), Folate: 22.3µg (5.58%), Magnesium: 19.81mg (4.95%), Vitamin B3: 0.63mg (3.15%), Vitamin B2: 0.05mg (2.84%), Iron: 0.44mg (2.43%), Phosphorus: 21.82mg (2.18%), Calcium: 17.57mg (1.76%), Vitamin B5: 0.17mg (1.69%), Zinc: 0.22mg (1.44%), Selenium: 0.9µg (1.28%), Vitamin E: 0.17mg (1.11%)