

Glazed Fruit Medley

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



10

CALORIES



185 kcal

SIDE DISH

Ingredients

- 3 medium banana firm sliced
- 2 tablespoons cornstarch
- 2 cups grapes green
- 3 cups wedges honeydew melon cubed
- 2 cups orange juice
- 2 cups strawberries fresh halved
- 1 cup sugar

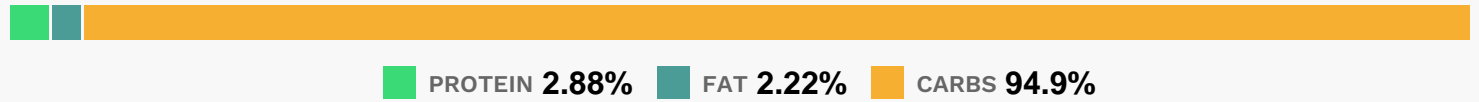
Equipment

- bowl
- sauce pan

Directions

- In a small saucepan, mix the orange juice, sugar and cornstarch until smooth. Bring to a boil, stirring constantly; cook and stir for 2 minutes or until thickened.
- Transfer to a small bowl; cool slightly. Refrigerate, covered, for at least 2 hours.
- Just before serving, combine the fruit in a large serving bowl.
- Drizzle with orange juice mixture; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:26.29, Glycemic Load:23.55, Inflammation Score:-5, Nutrition Score:7.65130444574986%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 3.06mg, Catechin: 3.06mg, Catechin: 3.06mg, Catechin: 3.06mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 5.93mg, Hesperetin: 5.93mg, Hesperetin: 5.93mg, Hesperetin: 5.93mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 185.34kcal (9.27%), Fat: 0.49g (0.75%), Saturated Fat: 0.09g (0.57%), Carbohydrates: 46.92g (15.64%), Net Carbohydrates: 44.63g (16.23%), Sugar: 38.68g (42.97%), Cholesterol: 0mg (0%), Sodium: 11.27mg (0.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.85%), Vitamin C: 54.96mg (66.62%), Potassium:

444.41mg (12.7%), Manganese: 0.25mg (12.53%), Vitamin B6: 0.23mg (11.71%), Folate: 39.17µg (9.79%), Fiber: 2.29g (9.16%), Vitamin B1: 0.1mg (6.85%), Magnesium: 26.02mg (6.51%), Vitamin K: 6.75µg (6.43%), Copper: 0.12mg (5.8%), Vitamin B2: 0.08mg (4.6%), Vitamin B3: 0.81mg (4.07%), Phosphorus: 34.99mg (3.5%), Vitamin B5: 0.34mg (3.43%), Vitamin A: 170.74IU (3.41%), Iron: 0.52mg (2.9%), Calcium: 18.15mg (1.81%), Selenium: 1.07µg (1.53%), Vitamin E: 0.21mg (1.38%), Zinc: 0.19mg (1.25%)