



Gluten-Free Minted Fruit Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



82 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

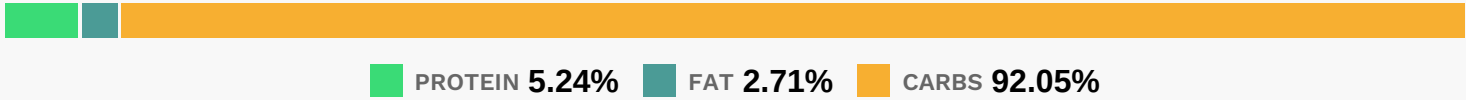
- ☐ 3 medium banana sliced
- ☐ 4 medium cranberry-orange relish peeled
- ☐ 1 cup strawberries cut in half
- ☐ 1 cup grapes green seedless cut in half
- ☐ 0.3 cup orange juice
- ☐ 1 tablespoon honey
- ☐ 2 tablespoons mint leaves fresh chopped

Equipment

Directions

- ☐ Toss bananas, oranges, strawberries and grapes.
- ☐ Mix orange juice and honey; pour over fruit. Toss salad with mint leaves before serving.

Nutrition Facts



Properties

Glycemic Index:28.76, Glycemic Load:8.87, Inflammation Score:-5, Nutrition Score:6.1121738760368%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Hesperetin: 15.37mg, Hesperetin: 15.37mg, Hesperetin: 15.37mg, Hesperetin: 15.37mg Naringenin: 8.24mg, Naringenin: 8.24mg, Naringenin: 8.24mg, Naringenin: 8.24mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 81.96kcal (4.1%), Fat: 0.27g (0.42%), Saturated Fat: 0.06g (0.39%), Carbohydrates: 20.83g (6.94%), Net Carbohydrates: 18.13g (6.59%), Sugar: 14.68g (16.31%), Cholesterol: 0mg (0%), Sodium: 1.28mg (0.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.37%), Vitamin C: 44.37mg (53.78%), Fiber: 2.7g (10.81%), Manganese: 0.19mg (9.48%), Vitamin B6: 0.19mg (9.31%), Potassium: 295.76mg (8.45%), Folate: 30.22µg (7.55%), Vitamin B1: 0.08mg (5.25%), Magnesium: 19.48mg (4.87%), Copper: 0.09mg (4.25%), Vitamin A: 211.26IU (4.23%), Vitamin B2: 0.07mg (3.91%), Calcium: 30.01mg (3%), Vitamin B5: 0.3mg (2.95%), Vitamin B3: 0.52mg (2.6%), Vitamin K: 2.71µg (2.58%), Phosphorus: 23.82mg (2.38%), Iron: 0.33mg (1.86%), Vitamin E: 0.2mg (1.36%), Selenium: 0.71µg (1.02%)