

Grape Banana Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



435 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 large banana peeled sliced
- 1 pint cup heavy whipping cream
- 6 cups grapes red seedless halved
- 1 cup walnut pieces chopped

Equipment

- bowl

Directions

In a large bowl, beat the cream until stiff peaks form. Gently stir in fruit and nuts.

Nutrition Facts

 **PROTEIN 4.72%**  **FAT 60.93%**  **CARBS 34.35%**

Properties

Glycemic Index:15.1, Glycemic Load:16.69, Inflammation Score:-7, Nutrition Score:11.754347661267%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Catechin: 4.15mg, Catechin: 4.15mg, Catechin: 4.15mg, Catechin: 4.15mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 435.41kcal (21.77%), Fat: 31.29g (48.14%), Saturated Fat: 14.64g (91.49%), Carbohydrates: 39.69g (13.23%), Net Carbohydrates: 35.92g (13.06%), Sugar: 27.96g (31.07%), Cholesterol: 66.84mg (22.28%), Sodium: 19.21mg (0.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.46g (10.92%), Manganese: 0.76mg (38.19%), Vitamin B6: 0.45mg (22.31%), Copper: 0.44mg (21.8%), Vitamin A: 990.65IU (19.81%), Vitamin K: 19.16µg (18.25%), Potassium: 580.43mg (16.58%), Vitamin B2: 0.26mg (15.41%), Fiber: 3.77g (15.07%), Magnesium: 53.54mg (13.38%), Phosphorus: 122.52mg (12.25%), Vitamin C: 10.09mg (12.22%), Vitamin B1: 0.16mg (10.73%), Folate: 32.56µg (8.14%), Calcium: 68.09mg (6.81%), Vitamin D: 0.95µg (6.31%), Vitamin E: 0.93mg (6.2%), Iron: 1.07mg (5.94%), Vitamin B5: 0.52mg (5.18%), Zinc: 0.78mg (5.17%), Selenium: 3.28µg (4.69%), Vitamin B3: 0.87mg (4.33%), Vitamin B12: 0.09µg (1.58%)