

Grape Melon Medley

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



8

CALORIES



127 kcal

SIDE DISH

Ingredients

- 11 ounces mandarin oranges drained canned
- 2 cups cantaloupe cubed
- 1.5 cups grapes green halved
- 0.5 cup pineapple preserves
- 1.5 cups grapes red seedless halved

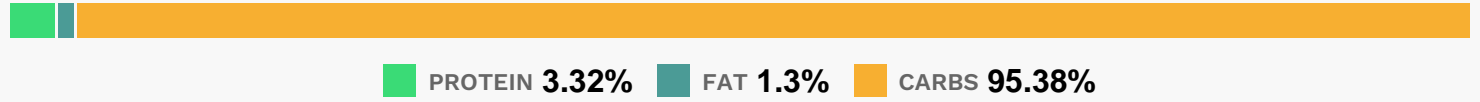
Equipment

- bowl
- whisk

Directions

- In a large bowl, combine the cantaloupe, grapes and oranges.
- Whisk the preserves; pour over fruit and toss to coat. Chill until serving.

Nutrition Facts



Properties

Glycemic Index:26.81, Glycemic Load:14.39, Inflammation Score:-8, Nutrition Score:5.8765216858491%

Flavonoids

Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg

Nutrients (% of daily need)

Calories: 126.56kcal (6.33%), Fat: 0.19g (0.3%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 31.82g (10.61%), Net Carbohydrates: 30.29g (11.02%), Sugar: 25.45g (28.28%), Cholesterol: 0mg (0%), Sodium: 21.88mg (0.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.11g (2.21%), Vitamin A: 1901.6IU (38.03%), Vitamin C: 21.26mg (25.77%), Vitamin K: 9.35µg (8.9%), Copper: 0.14mg (7.16%), Potassium: 240.33mg (6.87%), Vitamin B1: 0.1mg (6.42%), Fiber: 1.53g (6.12%), Vitamin B2: 0.08mg (4.63%), Vitamin B6: 0.09mg (4.29%), Magnesium: 14.3mg (3.58%), Manganese: 0.07mg (3.26%), Iron: 0.57mg (3.14%), Zinc: 0.44mg (2.9%), Vitamin B3: 0.57mg (2.83%), Folate: 11.02µg (2.75%), Phosphorus: 26.45mg (2.65%), Selenium: 1.32µg (1.88%), Calcium: 18.19mg (1.82%), Vitamin E: 0.21mg (1.41%)