

Grape Nectarine Dessert Cups

 Vegetarian  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



123 kcal

Ingredients

- 2 cups grapes green
- 1 cup lemon lime soda chilled
- 7 medium nectarines peeled sliced
- 2.5 cups pineapple sherbet




Equipment

- bowl

Directions

In a large bowl, combine nectarines and grapes; cover and refrigerate until chilled. Just before serving, pour soda over fruit. Spoon into dessert dishes; top with sherbet.

Nutrition Facts

 **PROTEIN 5.25%**  **FAT 7.41%**  **CARBS 87.34%**

Properties

Glycemic Index:14, Glycemic Load:11.16, Inflammation Score:-3, Nutrition Score:3.9199999674507%

Flavonoids

Cyanidin: 2.12mg, Cyanidin: 2.12mg, Cyanidin: 2.12mg, Cyanidin: 2.12mg Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg Epicatechin: 2.52mg, Epicatechin: 2.52mg, Epicatechin: 2.52mg, Epicatechin: 2.52mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 122.56kcal (6.13%), Fat: 1.07g (1.64%), Saturated Fat: 0.45g (2.78%), Carbohydrates: 28.3g (9.43%), Net Carbohydrates: 26.05g (9.47%), Sugar: 23.92g (26.58%), Cholesterol: 0.37mg (0.12%), Sodium: 32.91mg (1.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.54mg (1.18%), Protein: 1.7g (3.4%), Fiber: 2.24g (8.98%), Vitamin A: 366.96IU (7.34%), Copper: 0.13mg (6.51%), Potassium: 223.65mg (6.39%), Vitamin K: 6.4µg (6.09%), Vitamin B3: 1.2mg (5.98%), Vitamin C: 4.7mg (5.7%), Vitamin B2: 0.08mg (4.93%), Phosphorus: 46.68mg (4.67%), Vitamin E: 0.67mg (4.45%), Vitamin B1: 0.06mg (4.31%), Manganese: 0.08mg (3.96%), Magnesium: 14.26mg (3.56%), Vitamin B6: 0.06mg (2.97%), Vitamin B5: 0.28mg (2.82%), Zinc: 0.41mg (2.73%), Iron: 0.46mg (2.57%), Calcium: 25.46mg (2.55%), Folate: 8.05µg (2.01%)