



## Grilled Fruit Salad

 Vegetarian

READY IN



21 min.

SERVINGS



21

CALORIES



52 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 2 bananas diagonally sliced
- 0.5 cup knudsen cream light sour
- 0.3 tsp ground pepper red (cayenne)
- 1 Tbsp kool-aid orange flavor sugar-sweetened drink mix
- 1 mangos pitted peeled cut into wedges
- 1 papaya peeled seeded cut into wedges
- 1 pineapple cored peeled cut into wedges

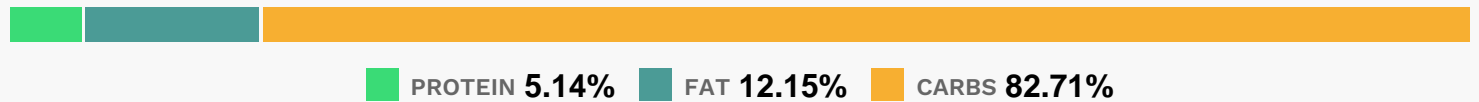
## Equipment

grill

## Directions

- Heat greased grill to medium-high heat.
- Combine first 3 ingredients until well blended. Refrigerate until ready to use.
- Grill fruit 6 min. or until lightly browned on both sides, turning over after 3 min.
- Arrange fruit on platter.
- Serve immediately with sour cream mixture. Or, cover and refrigerate fruit platter and sour cream mixture separately until ready to serve. Spoon sour cream mixture over fruit just before serving.

## Nutrition Facts



## Properties

Glycemic Index:12.19, Glycemic Load:5.66, Inflammation Score:-4, Nutrition Score:4.9799999066669%

## Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 52.33kcal (2.62%), Fat: 0.77g (1.19%), Saturated Fat: 0.41g (2.57%), Carbohydrates: 11.84g (3.95%), Net Carbohydrates: 10.53g (3.83%), Sugar: 8.24g (9.15%), Cholesterol: 1.98mg (0.66%), Sodium: 7.41mg (0.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.47%), Vitamin C: 34.05mg (41.28%), Manganese: 0.44mg (22.14%), Vitamin A: 303.83IU (6.08%), Vitamin B6: 0.11mg (5.47%), Fiber: 1.31g (5.22%), Folate: 20.35µg (5.09%), Potassium: 144.14mg (4.12%), Copper: 0.08mg (3.76%), Magnesium: 13.06mg (3.26%), Vitamin B1: 0.05mg (3.15%), Vitamin B2: 0.04mg (2.28%), Vitamin B3: 0.43mg (2.14%), Calcium: 18.68mg (1.87%), Vitamin B5: 0.18mg (1.78%), Phosphorus: 13.64mg (1.36%), Iron: 0.21mg (1.19%), Vitamin E: 0.18mg (1.17%), Vitamin K: 1.21µg (1.15%)