



Grilled Fruit Salad



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



132 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1 cup apples sliced



0.5 cup banana sliced



0.3 cup chocolate chips to taste



1 cup pineapple sliced



0.5 cup raspberries fresh

Equipment



bowl



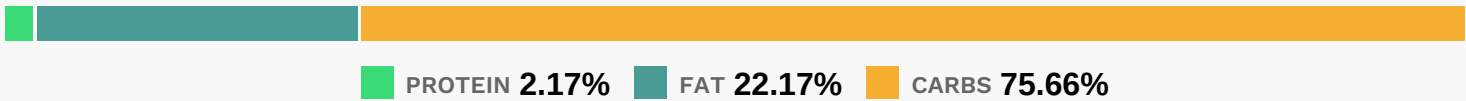
grill

☐ stove

Directions

- ☐ Heat a stovetop grill over medium heat. Arrange pineapple, apple, raspberries, and banana on heated grill surface; cook 5 to 7 minutes. Stir and cook until fruit is heated through, 7 to 8 more minutes.
- ☐ Transfer cooked fruit to a bowl and stir in chocolate chips.

Nutrition Facts



Properties

Glycemic Index:28.19, Glycemic Load:3.43, Inflammation Score:-2, Nutrition Score:3.6682609008706%

Flavonoids

Cyanidin: 7.36mg, Cyanidin: 7.36mg, Cyanidin: 7.36mg, Cyanidin: 7.36mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.75mg, Catechin: 1.75mg, Catechin: 1.75mg, Catechin: 1.75mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 2.88mg, Epicatechin: 2.88mg, Epicatechin: 2.88mg, Epicatechin: 2.88mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 132.48kcal (6.62%), Fat: 3.49g (5.37%), Saturated Fat: 2.05g (12.79%), Carbohydrates: 26.81g (8.94%), Net Carbohydrates: 23.83g (8.66%), Sugar: 21.06g (23.4%), Cholesterol: 0mg (0%), Sodium: 1.24mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.77g (1.53%), Vitamin C: 12.56mg (15.22%), Fiber: 2.98g (11.93%), Manganese: 0.16mg (8.1%), Vitamin B6: 0.13mg (6.71%), Potassium: 228.7mg (6.53%), Vitamin B1: 0.08mg (5.08%), Copper: 0.1mg (4.99%), Magnesium: 18.8mg (4.7%), Folate: 10.79µg (2.7%), Calcium: 24.06mg (2.41%), Vitamin B2: 0.04mg (2.35%), Vitamin K: 2.37µg (2.25%), Vitamin B3: 0.41mg (2.05%), Iron: 0.36mg (1.97%), Phosphorus: 16.05mg (1.61%), Vitamin E: 0.22mg (1.45%), Vitamin B5: 0.13mg (1.31%), Vitamin A: 63.4IU (1.27%), Zinc: 0.16mg (1.09%)