



Homemade Fruit Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



247 kcal

DESSERT

Ingredients



1 sprig basil fresh



1 juice of lime



4 nectarines peeled cut into chunks



4 peaches peeled cut into chunks



1 cup pineapple chunks fresh canned



1 cup sugar



1 cup cherries dark sweet pitted halved



2 cups water

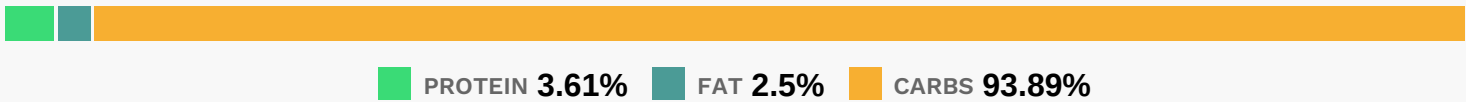
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In heavy saucepan, heat sugar, water, lime juice and basil over high heat, stirring occasionally, until sugar is dissolved.
- ☐ Remove from heat; discard basil sprig.
- ☐ In large glass bowl, mix nectarines, peaches, cherries and pineapple.
- ☐ Pour sugar syrup over fruit; stir to coat. Refrigerate until chilled, at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:40.89, Glycemic Load:30.56, Inflammation Score:-6, Nutrition Score:6.5147825790488%

Flavonoids

Cyanidin: 10.88mg, Cyanidin: 10.88mg, Cyanidin: 10.88mg, Cyanidin: 10.88mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 0.34mg, Peonidin: 0.34mg, Peonidin: 0.34mg, Peonidin: 0.34mg Catechin: 8.74mg, Catechin: 8.74mg, Catechin: 8.74mg, Catechin: 8.74mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 5.89mg, Epicatechin: 5.89mg, Epicatechin: 5.89mg, Epicatechin: 5.89mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 246.73kcal (12.34%), Fat: 0.74g (1.13%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 62.24g (20.75%), Net Carbohydrates: 58.29g (21.2%), Sugar: 57.78g (64.2%), Cholesterol: 0mg (0%), Sodium: 30.09mg (1.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.39g (4.78%), Vitamin C: 13.72mg (16.63%), Fiber: 3.94g (15.76%), Vitamin A: 694.81IU (13.9%), Copper: 0.23mg (11.46%), Vitamin B3: 2.02mg (10.12%), Potassium: 353.47mg (10.1%), Vitamin E: 1.35mg (8.97%), Vitamin B1: 0.1mg (6.93%), Vitamin K: 7.07µg (6.73%), Manganese: 0.13mg (6.71%), Magnesium: 26.37mg (6.59%), Phosphorus: 55.09mg (5.51%), Iron: 0.85mg (4.72%), Vitamin B2: 0.08mg (4.69%), Vitamin B6: 0.09mg (4.6%), Folate: 15.3µg (3.82%), Vitamin B5: 0.38mg (3.81%), Selenium: 2.46µg (3.52%), Zinc: 0.5mg (3.35%), Calcium: 19.18mg (1.92%)