

Honey-Ginger Fruit



Vegetarian



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 teaspoons ginger fresh grated
- ☐ 1 cup grapes green seedless
- ☐ 3 tablespoons honey
- ☐ 0.5 wedges honeydew melon chopped
- ☐ 3 oranges
- ☐ 1 pt strawberries fresh halved
- ☐ 1 cup grape juice white

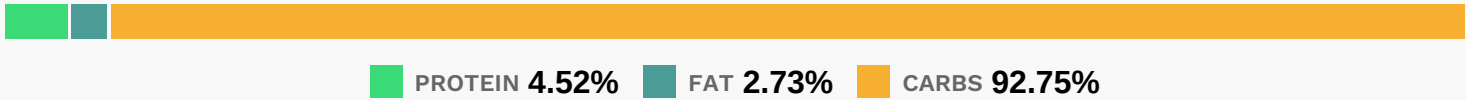
Equipment

bowl

Directions

- Combine grape juice, honey, and ginger in a large bowl.
- Add remaining ingredients, tossing to coat.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:9.79, Glycemic Load:3.28, Inflammation Score:-3, Nutrition Score:3.6604346995768%

Flavonoids

Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg Malvidin: 1.42mg, Malvidin: 1.42mg, Malvidin: 1.42mg, Malvidin: 1.42mg Pelargonidin: 5.88mg, Pelargonidin: 5.88mg, Pelargonidin: 5.88mg, Pelargonidin: 5.88mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Hesperetin: 5.35mg, Hesperetin: 5.35mg, Hesperetin: 5.35mg, Hesperetin: 5.35mg Naringenin: 3.07mg, Naringenin: 3.07mg, Naringenin: 3.07mg, Naringenin: 3.07mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 50.82kcal (2.54%), Fat: 0.17g (0.26%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 12.9g (4.3%), Net Carbohydrates: 11.6g (4.22%), Sugar: 11.15g (12.39%), Cholesterol: 0mg (0%), Sodium: 6.93mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.26%), Vitamin C: 30.4mg (36.85%), Manganese: 0.14mg (7.17%), Fiber: 1.3g (5.21%), Potassium: 174.56mg (4.99%), Folate: 17.88µg (4.47%), Vitamin B6: 0.06mg (3.13%), Vitamin B1: 0.04mg (2.82%), Magnesium: 10.16mg (2.54%), Vitamin K: 2.6µg (2.48%), Copper: 0.04mg (2.06%), Calcium: 15.92mg (1.59%), Vitamin B3: 0.32mg (1.58%), Phosphorus: 15.41mg (1.54%), Vitamin B2: 0.03mg (1.49%), Vitamin

B5: 0.14mg (1.41%), Vitamin A: 69.05IU (1.38%), Iron: 0.24mg (1.36%)