

Juicy Fruit Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



103 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 apples diced cored peeled
- 1 banana sliced
- 1 cup grapes green seedless halved
- 1 cranberry-orange relish diced peeled
- 15 ounce pineapple chunks with juice canned

Equipment

- bowl

Directions

- In a large bowl, toss together the pineapple, apple, orange, banana and grapes.
- Add the juice from the pineapple and orange and let chill until serving.

Nutrition Facts

PROTEIN 3.66% **FAT 2.06%** **CARBS 94.28%**

Properties

Glycemic Index:29.21, Glycemic Load:6.15, Inflammation Score:-3, Nutrition Score:4.7152173415474%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.29mg, Epicatechin: 2.29mg, Epicatechin: 2.29mg, Epicatechin: 2.29mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Hesperetin: 5.95mg, Hesperetin: 5.95mg, Hesperetin: 5.95mg, Hesperetin: 5.95mg Naringenin: 3.34mg, Naringenin: 3.34mg, Naringenin: 3.34mg, Naringenin: 3.34mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 103.43kcal (5.17%), Fat: 0.26g (0.4%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 26.83g (8.94%), Net Carbohydrates: 23.92g (8.7%), Sugar: 21.6g (24%), Cholesterol: 0mg (0%), Sodium: 1.71mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.04g (2.08%), Vitamin C: 22.19mg (26.9%), Fiber: 2.91g (11.64%), Vitamin B6: 0.17mg (8.63%), Vitamin B1: 0.12mg (7.99%), Potassium: 278.33mg (7.95%), Copper: 0.14mg (7.06%), Magnesium: 21.4mg (5.35%), Vitamin K: 4.94µg (4.7%), Manganese: 0.09mg (4.35%), Folate: 15.44µg (3.86%), Vitamin B2: 0.06mg (3.73%), Vitamin A: 130.14IU (2.6%), Calcium: 25.39mg (2.54%), Vitamin B3: 0.47mg (2.34%), Iron: 0.4mg (2.21%), Phosphorus: 20.71mg (2.07%), Vitamin B5: 0.15mg (1.51%), Vitamin E: 0.18mg (1.17%)