

# Layered Fruit Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



172 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 2 medium banana sliced
- 0.3 cup brown sugar packed
- 1 cinnamon sticks (3 inches)
- 1 medium grapefruit
- 2 medium kiwi fruit peeled sliced
- 0.3 cup juice of lemon
- 0.5 teaspoon lemon zest grated
- 0.5 cup orange juice

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- 2 medium cranberry-orange relish
- 2 cups pineapple chunks fresh canned drained
- 1 cup grapes red seedless
- 1 pint strawberries fresh sliced

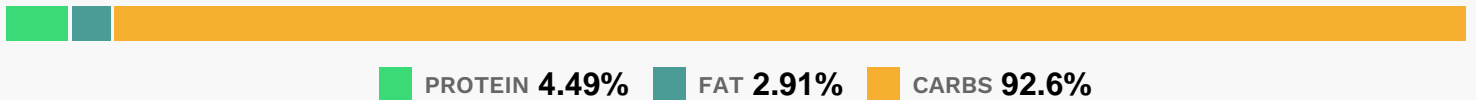
## Equipment

- bowl
- sauce pan

## Directions

- In a large saucepan, combine the juices, sugar, peels and cinnamon stick; bring to a boil. Reduce heat; simmer, uncovered, for 5 minutes.
- Remove from the heat; cool completely.
- Meanwhile, layer fruit in a glass serving bowl.
- Remove cinnamon stick from the sauce; pour sauce over fruit. Cover and refrigerate for several hours.

## Nutrition Facts



## Properties

Glycemic Index:39.74, Glycemic Load:10.28, Inflammation Score:-7, Nutrition Score:12.028260827065%

## Flavonoids

Cyanidin: 0.99mg, Cyanidin: 0.99mg, Cyanidin: 0.99mg, Cyanidin: 0.99mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.7mg, Pelargonidin: 14.7mg, Pelargonidin: 14.7mg, Pelargonidin: 14.7mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 3.64mg, Catechin: 3.64mg, Catechin: 3.64mg, Catechin: 3.64mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg

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## **Nutrients (% of daily need)**

Calories: 171.76kcal (8.59%), Fat: 0.61g (0.94%), Saturated Fat: 0.08g (0.52%), Carbohydrates: 43.65g (14.55%), Net Carbohydrates: 38.47g (13.99%), Sugar: 33.34g (37.05%), Cholesterol: 0mg (0%), Sodium: 5.2mg (0.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.23%), Vitamin C: 98.96mg (119.95%), Manganese: 0.44mg (22.14%), Fiber: 5.18g (20.73%), Potassium: 503.37mg (14.38%), Vitamin K: 13.94µg (13.28%), Vitamin B6: 0.26mg (13.04%), Folate: 49.65µg (12.41%), Vitamin A: 562.82IU (11.26%), Vitamin B1: 0.16mg (10.75%), Copper: 0.21mg (10.36%), Magnesium: 38.73mg (9.68%), Calcium: 63.01mg (6.3%), Vitamin B2: 0.1mg (5.59%), Phosphorus: 50.52mg (5.05%), Vitamin B3: 0.95mg (4.77%), Vitamin E: 0.67mg (4.49%), Vitamin B5: 0.44mg (4.4%), Iron: 0.79mg (4.39%), Zinc: 0.3mg (1.99%), Selenium: 1.15µg (1.64%)