




## Layered Summer Fruits with Creamy Lime Dressing

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



24

CALORIES



116 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 cups blueberries
- 3 cups cantaloupe
- 8 oz cream cheese softened
- 2 cups wedges honeydew melon
- 0.5 cup limeade concentrate frozen thawed
- 2 medium mangos ripe peeled
- 1 leaves mint leaves

- 0.3 cup powdered sugar
- 1 quart strawberries quartered
- 1 cup whipping cream

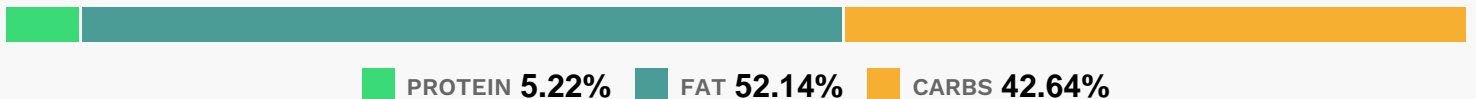
## Equipment

- bowl
- hand mixer

## Directions

- In medium bowl, beat cream cheese, limeade concentrate and powdered sugar with electric mixer on medium-high speed about 3 minutes or until smooth. Fold in whipped cream. Set aside.
- In 3-quart trifle bowl, layer cantaloupe and strawberries.
- Spread half the cream cheese mixture over the strawberries.
- Layer mangoes, blueberries and honeydew over cream cheese mixture.
- Spread remaining cream cheese mixture on top.
- Garnish with mint leaves.
- Serve immediately, or cover and refrigerate up to 2 hours before serving.

## Nutrition Facts



## Properties

Glycemic Index:9.43, Glycemic Load:3.82, Inflammation Score:-7, Nutrition Score:6.0786956704181%

## Flavonoids

Cyanidin: 1.72mg, Cyanidin: 1.72mg, Cyanidin: 1.72mg, Cyanidin: 1.72mg Petunidin: 3.93mg, Petunidin: 3.93mg, Petunidin: 3.93mg, Petunidin: 3.93mg Delphinidin: 4.5mg, Delphinidin: 4.5mg, Delphinidin: 4.5mg, Delphinidin: 4.5mg Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg Pelargonidin: 9.8mg, Pelargonidin: 9.8mg, Pelargonidin: 9.8mg, Pelargonidin: 9.8mg Peonidin: 2.52mg, Peonidin: 2.52mg, Peonidin: 2.52mg, Peonidin: 2.52mg Catechin: 2.18mg, Catechin: 2.18mg, Catechin: 2.18mg, Catechin: 2.18mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 0.24mg, Epicatechin:

0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

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

Calories: 116.23kcal (5.81%), Fat: 7.11g (10.94%), Saturated Fat: 4.23g (26.44%), Carbohydrates: 13.08g (4.36%), Net Carbohydrates: 11.45g (4.16%), Sugar: 10.8g (12%), Cholesterol: 20.75mg (6.92%), Sodium: 41.77mg (1.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.6g (3.2%), Vitamin C: 35.61mg (43.16%), Vitamin A: 1154.29IU (23.09%), Manganese: 0.22mg (10.89%), Fiber: 1.63g (6.54%), Folate: 24.41µg (6.1%), Potassium: 184.95mg (5.28%), Vitamin K: 5.44µg (5.18%), Vitamin B2: 0.07mg (4.01%), Vitamin B6: 0.07mg (3.75%), Vitamin E: 0.53mg (3.5%), Copper: 0.07mg (3.46%), Phosphorus: 34.23mg (3.42%), Magnesium: 13.26mg (3.31%), Calcium: 27.43mg (2.74%), Vitamin B3: 0.53mg (2.66%), Selenium: 1.84µg (2.62%), Vitamin B1: 0.04mg (2.55%), Vitamin B5: 0.22mg (2.21%), Iron: 0.35mg (1.92%), Zinc: 0.26mg (1.75%), Vitamin D: 0.16µg (1.06%)