

# Lime Fruit Medley

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



92 kcal

SIDE DISH

## Ingredients

- 2 cups cantaloupe cubed
- 1 tablespoon honey
- 1 tablespoon juice of lime
- 0.3 teaspoon lime zest grated
- 0.5 cup cream sour reduced-fat
- 2 cups peaches fresh cubed peeled
- 2 cups strawberries fresh halved

## Equipment

bowl

## Directions

In a large bowl, combine the fruit. In a small bowl, combine the sour cream, honey, lime juice and peel.

Drizzle over fruit; serve immediately.

## Nutrition Facts



**PROTEIN 7.66%** **FAT 21.68%** **CARBS 70.66%**

## Properties

Glycemic Index:38.67, Glycemic Load:7.02, Inflammation Score:-8, Nutrition Score:7.735217348389%

## Flavonoids

Cyanidin: 1.79mg, Cyanidin: 1.79mg, Cyanidin: 1.79mg, Cyanidin: 1.79mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 4.02mg, Catechin: 4.02mg, Catechin: 4.02mg, Catechin: 4.02mg Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg Epicatechin: 1.4mg, Epicatechin: 1.4mg, Epicatechin: 1.4mg, Epicatechin: 1.4mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.26mg, Hesperetin: 0.26mg, Hesperetin: 0.26mg, Hesperetin: 0.26mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 92.41kcal (4.62%), Fat: 2.41g (3.71%), Saturated Fat: 1.31g (8.18%), Carbohydrates: 17.69g (5.9%), Net Carbohydrates: 15.51g (5.64%), Sugar: 13.82g (15.35%), Cholesterol: 6.71mg (2.24%), Sodium: 39.25mg (1.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.92g (3.84%), Vitamin C: 37.11mg (44.98%), Vitamin A: 2041IU (40.82%), Manganese: 0.24mg (12.09%), Fiber: 2.18g (8.7%), Potassium: 265.26mg (7.58%), Folate: 24.5µg (6.13%), Copper: 0.11mg (5.67%), Vitamin B3: 0.99mg (4.95%), Magnesium: 19.47mg (4.87%), Phosphorus: 45.99mg (4.6%), Calcium: 42.15mg (4.21%), Vitamin E: 0.6mg (4.03%), Selenium: 2.8µg (4%), Vitamin K: 4.15µg (3.95%), Vitamin B1: 0.06mg (3.89%), Vitamin B2: 0.07mg (3.86%), Zinc: 0.53mg (3.5%), Iron: 0.6mg (3.36%), Vitamin B6: 0.06mg

(3.12%), Vitamin B5: 0.2mg (2%), Vitamin B12: 0.08µg (1.34%)