



Macedonia di Frutta (Mixed Marinated Fruit)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



157 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup blueberries
- ☐ 2 cups cantaloupe chopped
- ☐ 2 tablespoons grappa italian (brandy)
- ☐ 2 kiwifruit peeled halved lengthwise thinly sliced
- ☐ 1.5 teaspoons lemon rind grated
- ☐ 0.7 cup nectarines peeled chopped
- ☐ 0.5 cup orange juice fresh (1 orange)
- ☐ 1 cup peaches peeled chopped

- ☐ 1 cup strawberries chopped
- ☐ 0.3 cup sugar

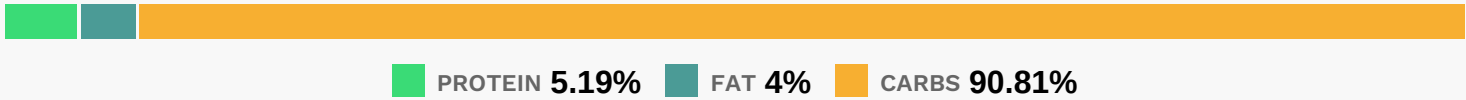
Equipment

- ☐ bowl

Directions

- ☐ Put all ingredients in a large bowl; toss gently to combine. Cover and chill 2 hours.

Nutrition Facts



Properties

Glycemic Index:81.1, Glycemic Load:17.37, Inflammation Score:-9, Nutrition Score:11.855217332425%

Flavonoids

Cyanidin: 3.99mg, Cyanidin: 3.99mg, Cyanidin: 3.99mg, Cyanidin: 3.99mg Petunidin: 9.36mg, Petunidin: 9.36mg, Petunidin: 9.36mg, Petunidin: 9.36mg Delphinidin: 10.58mg, Delphinidin: 10.58mg, Delphinidin: 10.58mg, Delphinidin: 10.58mg Malvidin: 20.01mg, Malvidin: 20.01mg, Malvidin: 20.01mg, Malvidin: 20.01mg Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg Peonidin: 6.02mg, Peonidin: 6.02mg, Peonidin: 6.02mg, Peonidin: 6.02mg Catechin: 4.55mg, Catechin: 4.55mg, Catechin: 4.55mg, Catechin: 4.55mg Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg Epicatechin: 1.61mg, Epicatechin: 1.61mg, Epicatechin: 1.61mg, Epicatechin: 1.61mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.96mg, Hesperetin: 2.96mg, Hesperetin: 2.96mg, Hesperetin: 2.96mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 157.49kcal (7.87%), Fat: 0.68g (1.05%), Saturated Fat: 0.07g (0.42%), Carbohydrates: 34.75g (11.58%), Net Carbohydrates: 31g (11.27%), Sugar: 29.28g (32.53%), Cholesterol: 0mg (0%), Sodium: 28.47mg (1.24%), Alcohol: 2.42g (100%), Alcohol %: 1.23% (100%), Protein: 1.99g (3.98%), Vitamin C: 68.96mg (83.59%), Vitamin A: 2429.2IU (48.58%), Vitamin K: 24.07µg (22.93%), Manganese: 0.31mg (15.27%), Fiber: 3.75g (15.01%), Potassium: 352.72mg

(10.08%), Folate: 37.62µg (9.41%), Copper: 0.19mg (9.28%), Vitamin E: 1.11mg (7.4%), Vitamin B3: 1.38mg (6.89%), Magnesium: 26.66mg (6.67%), Vitamin B1: 0.1mg (6.37%), Vitamin B6: 0.1mg (5.01%), Phosphorus: 49.74mg (4.97%), Iron: 0.75mg (4.18%), Vitamin B2: 0.07mg (4.08%), Zinc: 0.55mg (3.64%), Vitamin B5: 0.34mg (3.38%), Calcium: 30.13mg (3.01%), Selenium: 2.04µg (2.92%)