



Mandarin Oranges with Kiwifruit and Grapes



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



4 min.

SERVINGS



2

CALORIES



86 kcal

SIDE DISH

Ingredients

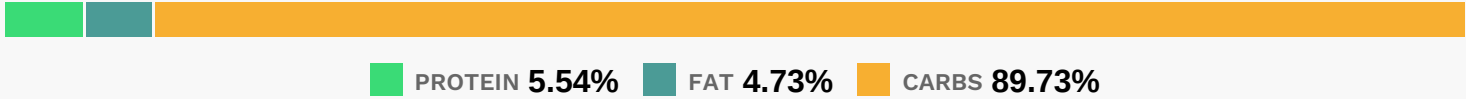
- ☐ 0.3 cup grape halves red seedless
- ☐ 0.5 cup kiwifruit cubed (1 kiwifruit)
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.8 cup mandarin oranges in syrup light drained (such as Del Monte SunFresh)
- ☐ 2 tablespoons syrup from mandarin oranges light

Equipment

Directions

☐ Combine 2 tablespoons light syrup, oranges, and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:91.33, Glycemic Load:8.3, Inflammation Score:-6, Nutrition Score:7.8939130604267%

Flavonoids

Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 7.34mg, Hesperetin: 7.34mg, Hesperetin: 7.34mg Naringenin: 8.84mg, Naringenin: 8.84mg, Naringenin: 8.84mg, Naringenin: 8.84mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 85.83kcal (4.29%), Fat: 0.5g (0.77%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 21.48g (7.16%), Net Carbohydrates: 18.39g (6.69%), Sugar: 16.29g (18.09%), Cholesterol: 0mg (0%), Sodium: 4.37mg (0.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.33g (2.65%), Vitamin C: 58.1mg (70.42%), Vitamin K: 20.59µg (19.61%), Vitamin A: 649.78IU (13%), Fiber: 3.09g (12.35%), Potassium: 272.17mg (7.78%), Folate: 26.45µg (6.61%), Copper: 0.12mg (6.03%), Vitamin B6: 0.11mg (5.65%), Vitamin E: 0.79mg (5.27%), Vitamin B1: 0.08mg (5.1%), Calcium: 50.05mg (5.01%), Magnesium: 19.1mg (4.78%), Manganese: 0.09mg (4.57%), Phosphorus: 36.6mg (3.66%), Vitamin B2: 0.06mg (3.31%), Vitamin B5: 0.28mg (2.84%), Vitamin B3: 0.53mg (2.66%), Iron: 0.31mg (1.71%)