



Mixed Fruit with Sour Cream Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



210 kcal

SIDE DISH

Ingredients

- 1 banana sliced
- 4 servings cream sauce sour
- 6 mint leaves fresh
- 1 apples i use 2 granny smith apples chopped
- 0.3 cup granulated sugar
- 1 cup grapes green seedless
- 8 ounce pineapple chunks in juice drained canned
- 1 cup strawberries sliced

1 cup water

Equipment

bowl

sauce pan

Directions

Bring first 3 ingredients to a boil in a saucepan, and cook, stirring constantly, 4 to 5 minutes or until sugar mixture reaches a syrup consistency. Discard mint leaves, and cool sugar syrup completely.

Combine pineapple, banana, apple, grapes, and strawberries in a large bowl.

Pour syrup over fruit mixture; toss gently. Cover and chill at least 1 hour.

Serve with Sour Cream Sauce.

Nutrition Facts



Properties

Glycemic Index:60.72, Glycemic Load:20.36, Inflammation Score:-4, Nutrition Score:7.0791303761627%

Flavonoids

Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 3.51mg, Catechin: 3.51mg, Catechin: 3.51mg, Catechin: 3.51mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 3.58mg, Epicatechin: 3.58mg, Epicatechin: 3.58mg, Epicatechin: 3.58mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

2.24mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 210.48kcal (10.52%), Fat: 2.8g (4.31%), Saturated Fat: 1.29g (8.07%), Carbohydrates: 48.8g (16.27%), Net Carbohydrates: 45.03g (16.37%), Sugar: 41.07g (45.63%), Cholesterol: 7.08mg (2.36%), Sodium: 9.74mg (0.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.59g (3.18%), Vitamin C: 32.95mg (39.94%), Fiber: 3.78g (15.1%), Manganese: 0.28mg (14.05%), Vitamin B6: 0.23mg (11.28%), Potassium: 375.65mg (10.73%), Copper: 0.18mg (8.95%), Vitamin K: 8.03µg (7.65%), Vitamin B1: 0.11mg (7.54%), Magnesium: 29.06mg (7.26%), Vitamin B2: 0.11mg (6.29%), Folate: 21.92µg (5.48%), Vitamin A: 239.51IU (4.79%), Phosphorus: 41.87mg (4.19%), Calcium: 40.52mg (4.05%), Iron: 0.67mg (3.7%), Vitamin B3: 0.65mg (3.23%), Vitamin B5: 0.24mg (2.36%), Vitamin E: 0.34mg (2.3%), Selenium: 1.25µg (1.78%), Zinc: 0.26mg (1.73%)