



Mixed Fruit With Vanilla-Apple Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



27 min.

SERVINGS



6

CALORIES



119 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup apple juice
- ☐ 2 granny smith apples chopped
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 2 oranges peeled halved
- ☐ 1 cup grapes red seedless
- ☐ 0.3 cup sugar
- ☐ 1 teaspoon vanilla extract

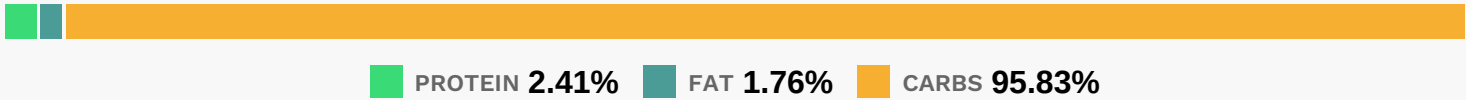
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Stir together sugar, apple juice, and 1/4 cup water in a small saucepan. Bring to a boil; reduce heat, and simmer, stirring occasionally, 10 to 12 minutes or until mixture is reduced by about one-third.
- ☐ Remove pan from heat; stir in vanilla, and cool 30 minutes. Chill 2 hours.
- ☐ Combine apples and next 3 ingredients in a large bowl.
- ☐ Drizzle chilled syrup over fruit, gently tossing to coat.
- ☐ Serve immediately, or cover and chill fruit mixture up to 24 hours.
- ☐ Note: Syrup may be stored in an airtight container up to 1 week in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:38.56, Glycemic Load:14.17, Inflammation Score:-3, Nutrition Score:4.068260891282%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 5.05mg, Epicatechin: 5.05mg, Epicatechin: 5.05mg, Epicatechin: 5.05mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 12.14mg, Hesperetin: 12.14mg, Hesperetin: 12.14mg, Hesperetin: 12.14mg Naringenin: 6.71mg, Naringenin: 6.71mg, Naringenin: 6.71mg, Naringenin: 6.71mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg

Nutrients (% of daily need)

Calories: 119.25kcal (5.96%), Fat: 0.25g (0.38%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 30.51g (10.17%), Net Carbohydrates: 27.76g (10.09%), Sugar: 26.5g (29.45%), Cholesterol: 0mg (0%), Sodium: 1.71mg (0.07%), Alcohol: 0.23g (100%), Alcohol %: 0.19% (100%), Protein: 0.77g (1.53%), Vitamin C: 27.56mg (33.41%), Fiber: 2.76g (11.02%), Potassium: 205.38mg (5.87%), Vitamin K: 5.01µg (4.77%), Vitamin B1: 0.07mg (4.55%), Folate: 15.76µg (3.94%), Vitamin B6: 0.08mg (3.78%), Copper: 0.07mg (3.54%), Vitamin B2: 0.06mg (3.27%), Manganese: 0.06mg (2.99%), Vitamin A: 147.82IU (2.96%), Calcium: 24.73mg (2.47%), Magnesium: 9.86mg (2.46%), Phosphorus: 18.72mg (1.87%), Vitamin B5: 0.17mg (1.66%), Vitamin E: 0.24mg (1.59%), Iron: 0.23mg (1.26%), Vitamin B3: 0.24mg (1.19%)