



Mojito Fruit Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



80 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup blueberries fresh
- 1 cup cantaloupe cubed
- 3 sprigs mint leaves fresh
- 1 cup grapes seedless
- 1 cup kiwi fruit peeled quartered
- 3 tablespoons juice of lime fresh
- 1 cup strawberries hulled quartered
- 1 cup watermelon cubed seeded

2 teaspoons granulated sugar white

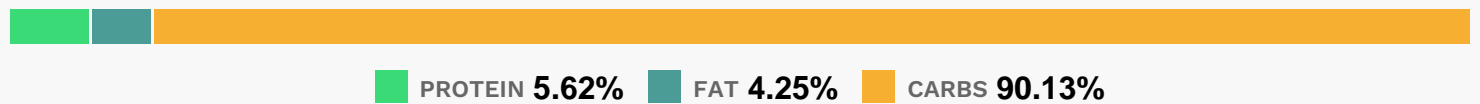
Equipment

bowl

Directions

- Mix the watermelon, grapes, cantaloupe, strawberries, and kiwi in a bowl with a tight-fitting lid; top with the blueberries.
- Stir the mint, sugar, and lime juice together in a bowl, crushing the mint with the back of a spoon while mixing to extract flavors; pour over the fruit mixture. Seal the bowl with lid and refrigerate at least 1 hour.
- Just before serving, gently flip the sealed bowl several times to coat the fruit with the dressing.

Nutrition Facts



Properties

Glycemic Index:65.15, Glycemic Load:9.05, Inflammation Score:-7, Nutrition Score:7.8060869652292%

Flavonoids

Cyanidin: 2.49mg, Cyanidin: 2.49mg, Cyanidin: 2.49mg, Cyanidin: 2.49mg Petunidin: 7.8mg, Petunidin: 7.8mg, Petunidin: 7.8mg, Petunidin: 7.8mg Delphinidin: 8.81mg, Delphinidin: 8.81mg, Delphinidin: 8.81mg, Delphinidin: 8.81mg Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg Peonidin: 5.02mg, Peonidin: 5.02mg, Peonidin: 5.02mg, Peonidin: 5.02mg Catechin: 2.05mg, Catechin: 2.05mg, Catechin: 2.05mg, Catechin: 2.05mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg

Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg
Galocatechin: 0.04mg, Galocatechin: 0.04mg, Galocatechin: 0.04mg, Galocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 80.24kcal (4.01%), Fat: 0.42g (0.65%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 20.23g (6.74%), Net Carbohydrates: 17.66g (6.42%), Sugar: 15.31g (17.01%), Cholesterol: 0mg (0%), Sodium: 11.04mg (0.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.26g (2.52%), Vitamin C: 46.71mg (56.62%), Vitamin A: 1129.48IU (22.59%), Vitamin K: 21.64µg (20.61%), Manganese: 0.25mg (12.51%), Fiber: 2.57g (10.27%), Potassium: 244.08mg (6.97%), Copper: 0.13mg (6.71%), Folate: 21.23µg (5.31%), Vitamin E: 0.68mg (4.56%), Magnesium: 18.08mg (4.52%), Vitamin B6: 0.09mg (4.47%), Vitamin B1: 0.06mg (4.26%), Vitamin B2: 0.06mg (3.27%), Phosphorus: 32.52mg (3.25%), Vitamin B3: 0.6mg (3.01%), Iron: 0.52mg (2.91%), Calcium: 24.61mg (2.46%), Vitamin B5: 0.22mg (2.22%), Zinc: 0.29mg (1.91%), Selenium: 0.77µg (1.11%)