



My Favorite Fruit Salad

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



272 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 medium apples chopped
- 2 cups grapes green seedless halved
- 1 tsp ground cinnamon
- 1 cup vanilla yogurt low-fat
- 0.3 cup orange juice
- 0.5 cup planters roasted peanuts dry

Equipment

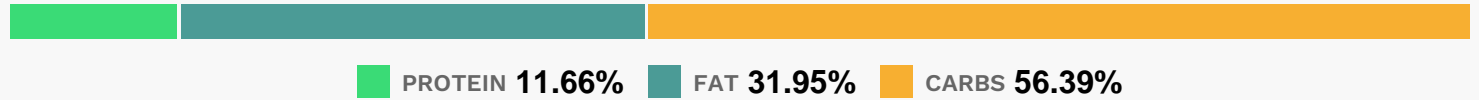
- bowl

whisk

Directions

- Beat yogurt, orange juice and cinnamon in medium bowl with wire whisk until well blended.
- Add remaining ingredients; mix lightly.
- Serve immediately. Or, cover and refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:33.75, Glycemic Load:10.4, Inflammation Score:-5, Nutrition Score:11.208260805711%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg

Nutrients (% of daily need)

Calories: 272.45kcal (13.62%), Fat: 10.41g (16.01%), Saturated Fat: 2.01g (12.59%), Carbohydrates: 41.34g (13.78%), Net Carbohydrates: 36.52g (13.28%), Sugar: 32.29g (35.88%), Cholesterol: 3.06mg (1.02%), Sodium: 119.99mg (5.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.55g (17.09%), Manganese: 0.59mg (29.74%), Vitamin C: 17.45mg (21.15%), Fiber: 4.82g (19.3%), Phosphorus: 179.79mg (17.98%), Vitamin B3: 3.08mg (15.41%), Potassium: 538.72mg (15.39%), Vitamin B2: 0.24mg (14.3%), Magnesium: 55.67mg (13.92%), Calcium: 137.41mg (13.74%), Vitamin K: 13.31µg (12.68%), Vitamin B6: 0.23mg (11.32%), Copper: 0.22mg (11%), Vitamin B1: 0.14mg (9.37%), Folate: 35.4µg (8.85%), Vitamin E: 1.27mg (8.45%), Zinc: 1.14mg (7.59%), Vitamin B5: 0.73mg (7.35%), Selenium: 4.86µg (6.94%), Vitamin B12: 0.32µg (5.41%), Iron: 0.82mg (4.53%), Vitamin A: 168.56IU (3.37%)