



My Favourite Fruit Salad

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



2

CALORIES



349 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 handful blueberries
- ☐ 2 servings crème fraîche for serving
- ☐ 0.5 a pink grapefruit
- ☐ 2 servings grapefruit juice
- ☐ 0.5 melon cubed
- ☐ 0.5 cranberry-orange relish
- ☐ 2 plums red yellow cut into 1/8ths
- ☐ 1 handful raspberries

- ☐ 4 strawberries halved
- ☐ 6 tablespoons sugar
- ☐ 1 vanilla pod
- ☐ 55 milliliters water
- ☐ 0.3 bottle prosecco wine chilled

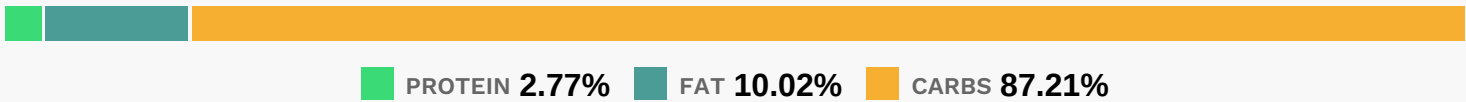
Equipment

- ☐ frying pan

Directions

- ☐ Remove the vanilla seeds from the pod and put seeds and pod into a small pan.
- ☐ Add the water, sugar and reserved grapefruit juice. Bring to a boil, reduce heat and simmer to make a syrup. Put in the refrigerator until thoroughly chilled.
- ☐ Toss the prepared fruit in the chilled syrup. Spoon onto plates and pour over the chilled Prosecco.
- ☐ Serve with creme fraiche.

Nutrition Facts



Properties

Glycemic Index:196.63, Glycemic Load:33.26, Inflammation Score:-8, Nutrition Score:10.307391235362%

Flavonoids

Cyanidin: 7.52mg, Cyanidin: 7.52mg, Cyanidin: 7.52mg, Cyanidin: 7.52mg Petunidin: 11.85mg, Petunidin: 11.85mg, Petunidin: 11.85mg, Petunidin: 11.85mg Delphinidin: 13.37mg, Delphinidin: 13.37mg, Delphinidin: 13.37mg, Delphinidin: 13.37mg Malvidin: 25.35mg, Malvidin: 25.35mg, Malvidin: 25.35mg, Malvidin: 25.35mg Pelargonidin: 5.97mg, Pelargonidin: 5.97mg, Pelargonidin: 5.97mg, Pelargonidin: 5.97mg Peonidin: 7.83mg, Peonidin: 7.83mg, Peonidin: 7.83mg, Peonidin: 7.83mg Catechin: 4.64mg, Catechin: 4.64mg, Catechin: 4.64mg, Catechin: 4.64mg Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg Epicatechin 3-gallate: 0.54mg, Epicatechin 3-gallate: 0.54mg, Epicatechin 3-gallate: 0.54mg, Epicatechin 3-gallate: 0.54mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg

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Nutrients (% of daily need)

Calories: 348.52kcal (17.43%), Fat: 3.33g (5.13%), Saturated Fat: 1.26g (7.85%), Carbohydrates: 65.29g (21.76%), Net Carbohydrates: 61.14g (22.23%), Sugar: 56.15g (62.39%), Cholesterol: 7.08mg (2.36%), Sodium: 10.82mg (0.47%), Alcohol: 9.75g (100%), Alcohol %: 3.11% (100%), Protein: 2.07g (4.15%), Vitamin C: 61.95mg (75.1%), Vitamin A: 1143.97IU (22.88%), Manganese: 0.4mg (19.88%), Fiber: 4.15g (16.6%), Potassium: 426.23mg (12.18%), Vitamin K: 12.21µg (11.63%), Vitamin B6: 0.16mg (7.97%), Folate: 31.31µg (7.83%), Magnesium: 31.05mg (7.76%), Vitamin B2: 0.12mg (7.03%), Vitamin B1: 0.1mg (6.76%), Phosphorus: 65.11mg (6.51%), Copper: 0.12mg (6.1%), Calcium: 58.28mg (5.83%), Vitamin B5: 0.49mg (4.93%), Vitamin B3: 0.92mg (4.61%), Iron: 0.78mg (4.34%), Vitamin E: 0.65mg (4.32%), Zinc: 0.4mg (2.66%), Selenium: 1.21µg (1.73%)