



## Nutty Fruit Medley

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



158 kcal

SIDE DISH

### Ingredients

- 2 large apples red chopped
- 1 cup grapes green
- 1 medium banana firm sliced
- 0.5 cup walnut pieces chopped
- 0.3 cup mayonnaise
- 2 tablespoons cream sour
- 0.5 teaspoon sugar
- 0.5 teaspoon juice of lemon

1 pinch salt

## Equipment

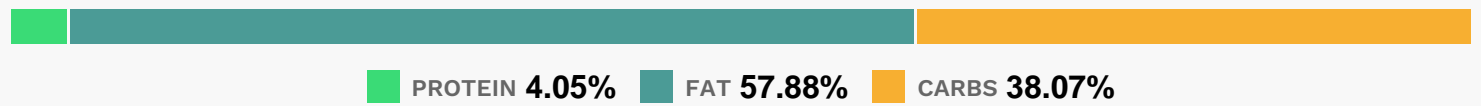
bowl

## Directions

In a large bowl, combine the apples, grapes, banana and walnuts.

Combine mayonnaise, sour cream, sugar, lemon juice and salt; pour over fruit mixture and toss gently to coat.

## Nutrition Facts



## Properties

Glycemic Index:34.11, Glycemic Load:5.46, Inflammation Score:-2, Nutrition Score:4.3878260520489%

## Flavonoids

Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

## Nutrients (% of daily need)

Calories: 157.54kcal (7.88%), Fat: 10.76g (16.56%), Saturated Fat: 1.61g (10.08%), Carbohydrates: 15.92g (5.31%), Net Carbohydrates: 13.54g (4.92%), Sugar: 11.11g (12.35%), Cholesterol: 4.71mg (1.57%), Sodium: 51.46mg (2.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.69g (3.39%), Manganese: 0.32mg (16.16%), Vitamin K: 15.71µg (14.96%), Fiber: 2.38g (9.53%), Copper: 0.17mg (8.44%), Vitamin B6: 0.13mg (6.72%), Vitamin C: 4.69mg (5.69%), Potassium: 186.23mg (5.32%), Magnesium: 20.03mg (5.01%), Phosphorus: 42.23mg (4.22%), Vitamin B1: 0.05mg (3.56%), Vitamin B2: 0.06mg (3.29%), Folate: 12.76µg (3.19%), Vitamin E: 0.44mg (2.96%), Iron: 0.4mg (2.24%), Zinc: 0.3mg (2.03%), Calcium: 16.75mg (1.68%), Vitamin B5: 0.16mg (1.57%), Vitamin A: 76.72IU (1.53%), Vitamin B3: 0.27mg (1.35%), Selenium: 0.8µg (1.14%)