



Perfect Summer Fruit Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



210 min.

SERVINGS



10

CALORIES



151 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 banana sliced
- 2 cups blueberries
- 0.3 cup brown sugar packed
- 1 cup grapes seedless
- 3 kiwi fruit peeled sliced
- 0.3 cup juice of lemon fresh
- 0.5 teaspoon lemon zest grated
- 0.7 cup orange juice fresh

- 0.5 teaspoon orange zest grated
- 2 cranberry-orange relish peeled
- 2 cups pineapple fresh cubed
- 2 cups strawberries hulled sliced
- 1 teaspoon vanilla extract

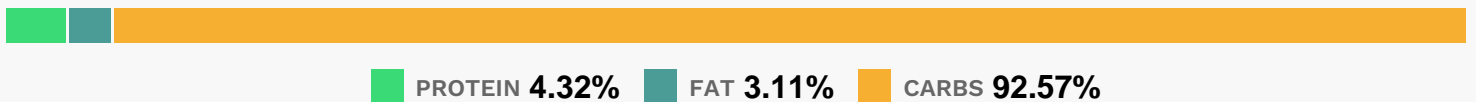
Equipment

- bowl
- sauce pan

Directions

- Bring orange juice, lemon juice, brown sugar, orange zest, and lemon zest to a boil in a saucepan over medium-high heat. Reduce heat to medium-low, and simmer until slightly thickened, about 5 minutes.
- Remove from heat, and stir in vanilla extract. Set aside to cool.
- Layer the fruit in a large, clear glass bowl in this order: pineapple, strawberries, kiwi fruit, bananas, oranges, grapes, and blueberries.
- Pour the cooled sauce over the fruit. Cover and refrigerate for 3 to 4 hours before serving.

Nutrition Facts



Properties

Glycemic Index:38.66, Glycemic Load:12.97, Inflammation Score:-6, Nutrition Score:11.589565256368%

Flavonoids

Cyanidin: 2.99mg, Cyanidin: 2.99mg, Cyanidin: 2.99mg, Cyanidin: 2.99mg Petunidin: 9.36mg, Petunidin: 9.36mg, Petunidin: 9.36mg, Petunidin: 9.36mg Delphinidin: 10.58mg, Delphinidin: 10.58mg, Delphinidin: 10.58mg, Delphinidin: 10.58mg Malvidin: 20.01mg, Malvidin: 20.01mg, Malvidin: 20.01mg, Malvidin: 20.01mg Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg Peonidin: 6.02mg, Peonidin: 6.02mg, Peonidin: 6.02mg, Peonidin: 6.02mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg Epicatechin 3-gallate:

0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg
Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg,
Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol:
0.43mg Hesperetin: 10.29mg, Hesperetin: 10.29mg, Hesperetin: 10.29mg, Hesperetin: 10.29mg Naringenin: 4.55mg,
Naringenin: 4.55mg, Naringenin: 4.55mg, Naringenin: 4.55mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg,
Luteolin: 0.31mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin:
0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 2.86mg, Quercetin: 2.86mg,
Quercetin: 2.86mg, Quercetin: 2.86mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg,
Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 151.05kcal (7.55%), Fat: 0.57g (0.88%), Saturated Fat: 0.08g (0.52%), Carbohydrates: 38.11g (12.7%), Net
Carbohydrates: 33.78g (12.28%), Sugar: 27.93g (31.04%), Cholesterol: 0mg (0%), Sodium: 5.28mg (0.23%), Alcohol:
0.14g (100%), Alcohol %: 0.08% (100%), Protein: 1.78g (3.55%), Vitamin C: 85.15mg (103.22%), Manganese: 0.67mg
(33.25%), Vitamin K: 19.98µg (19.03%), Fiber: 4.33g (17.32%), Vitamin B6: 0.25mg (12.75%), Potassium: 412.04mg
(11.77%), Folate: 43.67µg (10.92%), Copper: 0.17mg (8.73%), Magnesium: 30.13mg (7.53%), Vitamin B1: 0.11mg (7.5%),
Vitamin B2: 0.09mg (5.26%), Vitamin E: 0.74mg (4.96%), Vitamin B3: 0.92mg (4.62%), Vitamin B5: 0.44mg (4.37%),
Calcium: 42.72mg (4.27%), Phosphorus: 40.67mg (4.07%), Vitamin A: 187.93IU (3.76%), Iron: 0.63mg (3.49%), Zinc:
0.26mg (1.75%), Selenium: 0.85µg (1.21%)