



Pina Colada Fruit Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



82 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 banana sliced
- 0.5 cup blueberries fresh
- 1 peaches sliced
- 0.5 cup pineapple chunks fresh
- 6 strawberries fresh hulled sliced
- 0.5 cup watermelon
- 0.3 cup frangelico
- 0.3 cup frangelico

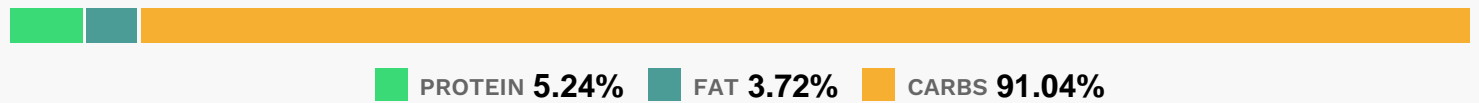
Equipment

bowl

Directions

- Mix the strawberries, peach, banana, watermelon, blueberries, and pineapple together in a large bowl.
- Drizzle the pina colada mix over the fruit; stir until evenly coated.

Nutrition Facts



Properties

Glycemic Index:62.42, Glycemic Load:6.88, Inflammation Score:-4, Nutrition Score:5.0199999498284%

Flavonoids

Cyanidin: 2.59mg, Cyanidin: 2.59mg, Cyanidin: 2.59mg, Cyanidin: 2.59mg Petunidin: 5.85mg, Petunidin: 5.85mg, Petunidin: 5.85mg, Petunidin: 5.85mg Delphinidin: 6.61mg, Delphinidin: 6.61mg, Delphinidin: 6.61mg, Delphinidin: 6.61mg Malvidin: 12.51mg, Malvidin: 12.51mg, Malvidin: 12.51mg, Malvidin: 12.51mg Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg Peonidin: 3.76mg, Peonidin: 3.76mg, Peonidin: 3.76mg, Peonidin: 3.76mg Catechin: 5.18mg, Catechin: 5.18mg, Catechin: 5.18mg, Catechin: 5.18mg Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 81.75kcal (4.09%), Fat: 0.37g (0.58%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 20.61g (6.87%), Net Carbohydrates: 18.02g (6.55%), Sugar: 14.86g (16.51%), Cholesterol: 0mg (0%), Sodium: 6.02mg (0.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.37%), Vitamin C: 20.8mg (25.21%), Manganese: 0.24mg (12.07%), Fiber: 2.59g (10.38%), Vitamin B6: 0.17mg (8.32%), Potassium: 251.1mg (7.17%), Copper: 0.11mg (5.55%), Vitamin A: 276.18IU (5.52%), Vitamin K: 5.47µg (5.2%), Magnesium: 20.75mg (5.19%), Vitamin B1: 0.07mg (4.38%), Folate:

15.63µg (3.91%), Vitamin B3: 0.76mg (3.82%), Vitamin B2: 0.05mg (3.23%), Vitamin E: 0.48mg (3.18%), Iron: 0.46mg (2.55%), Phosphorus: 25.44mg (2.54%), Vitamin B5: 0.24mg (2.43%), Selenium: 1.37µg (1.95%), Zinc: 0.23mg (1.56%), Calcium: 13.03mg (1.3%)