



Quick and Creamy Fruit Salad



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



267 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup cream of coconut
- ☐ 0.5 cup cherries dried
- ☐ 2 granny smith apples cored cut into 1/2-inch chunks
- ☐ 1 pound wedges honeydew melon cut into 1/2-inch chunks
- ☐ 20 ounce pineapple rings in syrup drained cut into small wedges canned
- ☐ 0.5 cup yogurt plain
- ☐ 1 pinch salt

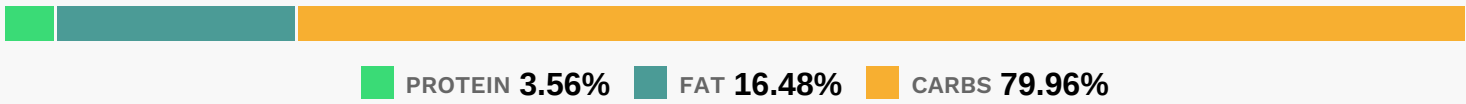
Equipment

☐ bowl

Directions

- ☐ Watch how to make this recipe.
- ☐ Put the apples, melon, pineapple, dried cherries, yogurt, cream of coconut and salt in a large bowl and stir.
- ☐ Photograph by Kang Kim

Nutrition Facts



Properties

Glycemic Index:8.5, Glycemic Load:2.39, Inflammation Score:-5, Nutrition Score:6.3026086824096%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 4.58mg, Epicatechin: 4.58mg, Epicatechin: 4.58mg, Epicatechin: 4.58mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

Nutrients (% of daily need)

Calories: 266.84kcal (13.34%), Fat: 5.09g (7.83%), Saturated Fat: 4.18g (26.13%), Carbohydrates: 55.53g (18.51%), Net Carbohydrates: 50.47g (18.35%), Sugar: 48.55g (53.94%), Cholesterol: 2.65mg (0.88%), Sodium: 44.96mg (1.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.94%), Vitamin C: 25.38mg (30.77%), Fiber: 5.06g (20.24%), Potassium: 386.1mg (11.03%), Vitamin A: 496.61IU (9.93%), Vitamin B1: 0.14mg (9.42%), Vitamin B6: 0.17mg (8.44%), Copper: 0.14mg (6.87%), Magnesium: 27.22mg (6.8%), Calcium: 57.09mg (5.71%), Folate: 22.34µg (5.58%), Vitamin B2: 0.07mg (4.33%), Phosphorus: 41mg (4.1%), Vitamin K: 4.23µg (4.03%), Iron: 0.64mg (3.55%), Vitamin B3: 0.65mg (3.27%), Vitamin B5: 0.23mg (2.34%), Manganese: 0.04mg (2.12%), Zinc: 0.31mg (2.05%), Selenium: 1.36µg (1.94%), Vitamin B12: 0.08µg (1.26%), Vitamin E: 0.16mg (1.04%)