



## Refreshing Fruit Salad

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



582 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 medium banana ripe sliced
- 11 ounces mandarin oranges drained canned
- 0.3 cup coconut flakes flaked
- 0.5 cup grapes seedless halved
- 1 tablespoon honey
- 3 tablespoons mayonnaise
- 8 ounces pineapple chunks drained canned
- 3 tablespoons cream sour

0.3 cup walnut pieces chopped

## Equipment

bowl

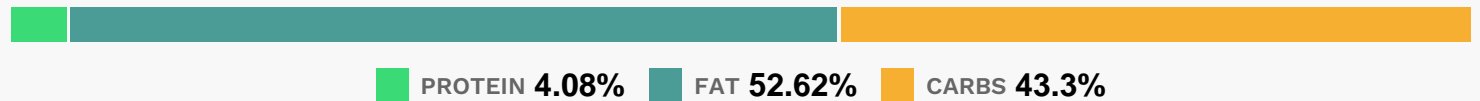
## Directions

In a serving bowl, combine the fruit. In another bowl, combine the mayonnaise, sour cream and honey.

Pour over fruit and toss to coat. Cover and refrigerate.

Just before serving, stir in walnuts and coconut if desired.

## Nutrition Facts



## Properties

Glycemic Index:111.53, Glycemic Load:14.29, Inflammation Score:-9, Nutrition Score:20.719565268444%

## Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 581.98kcal (29.1%), Fat: 36.03g (55.44%), Saturated Fat: 11.35g (70.95%), Carbohydrates: 66.72g (22.24%), Net Carbohydrates: 58.77g (21.37%), Sugar: 52.6g (58.44%), Cholesterol: 19.44mg (6.48%), Sodium: 153.85mg (6.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.29g (12.58%), Vitamin C: 70.42mg (85.36%), Manganese: 0.99mg (49.45%), Vitamin A: 2293.79IU (45.88%), Vitamin K: 41.53µg (39.55%), Fiber: 7.95g (31.81%), Copper: 0.61mg (30.37%), Vitamin B6: 0.52mg (26.15%), Vitamin B1: 0.36mg (23.94%), Potassium: 790.34mg (22.58%), Magnesium: 87.62mg (21.91%), Phosphorus: 136.62mg (13.66%), Vitamin B2: 0.21mg (12.5%), Zinc: 1.83mg (12.23%), Folate: 43.65µg (10.91%), Iron: 1.91mg (10.59%), Vitamin B3: 1.74mg (8.68%), Vitamin E: 1.29mg (8.62%), Calcium: 81.16mg (8.12%), Selenium: 5.62µg (8.03%), Vitamin B5: 0.49mg (4.88%), Vitamin B12: 0.06µg (1.05%)