



Rustic Fall Fruit Salad with Cinnamon-Sugar Croutons

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



184 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 cups apples thinly sliced
- 2 tablespoons coconut oil melted
- 4 slices grain dairy-free bread gluten-free whole 100% (or bread)
- 0.5 cup cranberries dried
- 1.5 teaspoon ground cinnamon
- 0.5 cup walnuts toasted for nut-free (omit)
- 2 tablespoons juice of lemon fresh

- 3 cups pears thinly sliced
- 0.3 cup sugar for sugar alternative (see notes in post above)

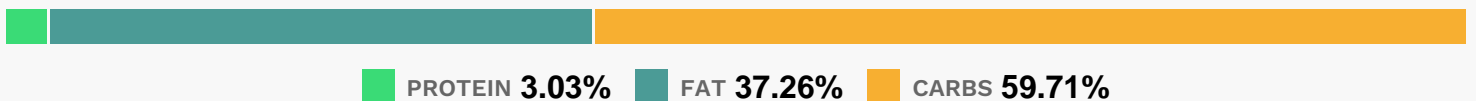
Equipment

- bowl
- baking sheet
- oven
- aluminum foil

Directions

- Trim crusts from bread slices and cut into 1/2-inch cubes.
- Spread out on a foil or parchment lined baking sheet and let stand for 2 hours or overnight, to become stale.
- Place bread cubes in a medium bowl; drizzle with margarine or oil, and sprinkle with sugar and cinnamon. Stir gently until evenly coated. Return to baking sheet and spread into a single layer. Preheat oven to 350°F.
- Bake 8 to 10 minutes, stirring once, or until cubes are crisp.
- Let cool completely on the baking sheet. Gently toss the pears, apples, cranberries and lemon juice together in a serving bowl. Just before serving, top with cinnamon-sugar croutons and nuts, if desired.

Nutrition Facts



Properties

Glycemic Index:26.78, Glycemic Load:8.85, Inflammation Score:-2, Nutrition Score:5.2513043520891%

Flavonoids

Cyanidin: 2.53mg, Cyanidin: 2.53mg, Cyanidin: 2.53mg, Cyanidin: 2.53mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg Epicatechin: 5.82mg, Epicatechin:

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Nutrients (% of daily need)

Calories: 184.42kcal (9.22%), Fat: 8.32g (12.8%), Saturated Fat: 3.26g (20.37%), Carbohydrates: 30g (10%), Net Carbohydrates: 25.67g (9.33%), Sugar: 22.94g (25.49%), Cholesterol: 0mg (0%), Sodium: 1.84mg (0.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.04%), Manganese: 0.59mg (29.74%), Fiber: 4.34g (17.35%), Copper: 0.2mg (9.94%), Vitamin E: 1.47mg (9.81%), Vitamin C: 6.74mg (8.17%), Vitamin K: 5.47µg (5.21%), Potassium: 181.21mg (5.18%), Magnesium: 19.55mg (4.89%), Vitamin B1: 0.07mg (4.38%), Vitamin B6: 0.09mg (4.27%), Folate: 15.04µg (3.76%), Phosphorus: 35.3mg (3.53%), Iron: 0.59mg (3.27%), Vitamin B2: 0.04mg (2.43%), Calcium: 22.26mg (2.23%), Zinc: 0.28mg (1.88%), Vitamin B3: 0.34mg (1.71%), Vitamin B5: 0.15mg (1.5%)