



WHATSheATE



Saucy Summer Fruit Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



138 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 bananas sliced
- ☐ 1.5 cups blueberries
- ☐ 3 teaspoons juice of lemon
- ☐ 1 cup vanilla nonfat low-fat
- ☐ 2 tablespoons orange juice concentrate frozen
- ☐ 3 large peaches peeled cut into chunks
- ☐ 1.5 cups strawberries sliced

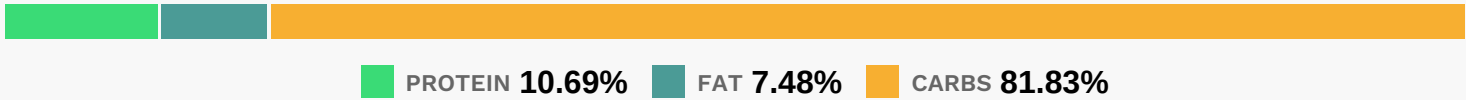
Equipment

bowl

Directions

- Combine fruit and lemon juice. In a small bowl, mix yogurt and concentrate. Put fruit in a large glass bowl or 6 small bowls or parfait glasses.
- Drizzle sauce over fruit and top with mint.

Nutrition Facts



Properties

Glycemic Index:29.17, Glycemic Load:9.99, Inflammation Score:-6, Nutrition Score:9.8378261897875%

Flavonoids

Cyanidin: 5.41mg, Cyanidin: 5.41mg, Cyanidin: 5.41mg, Cyanidin: 5.41mg Petunidin: 11.71mg, Petunidin: 11.71mg, Petunidin: 11.71mg, Petunidin: 11.71mg Delphinidin: 13.22mg, Delphinidin: 13.22mg, Delphinidin: 13.22mg, Delphinidin: 13.22mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 7.53mg, Peonidin: 7.53mg, Peonidin: 7.53mg, Peonidin: 7.53mg Catechin: 9.78mg, Catechin: 9.78mg, Catechin: 9.78mg, Catechin: 9.78mg Epigallocatechin: 1.43mg, Epigallocatechin: 1.43mg, Epigallocatechin: 1.43mg, Epigallocatechin: 1.43mg Epicatechin: 2.44mg, Epicatechin: 2.44mg, Epicatechin: 2.44mg, Epicatechin: 2.44mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 137.94kcal (6.9%), Fat: 1.25g (1.92%), Saturated Fat: 0.49g (3.05%), Carbohydrates: 30.72g (10.24%), Net Carbohydrates: 26.72g (9.72%), Sugar: 21.99g (24.43%), Cholesterol: 2.45mg (0.82%), Sodium: 41.45mg (1.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.01g (8.02%), Vitamin C: 40.21mg (48.74%), Manganese: 0.43mg (21.36%), Fiber: 4g (16%), Potassium: 460.26mg (13.15%), Vitamin B6: 0.24mg (11.82%), Vitamin K: 10.86µg (10.34%), Vitamin B2: 0.18mg (10.31%), Phosphorus: 102.99mg (10.3%), Calcium: 90.19mg (9.02%), Magnesium: 33.34mg (8.33%), Folate: 32.76µg (8.19%), Vitamin A: 374.38IU (7.49%), Copper: 0.15mg (7.3%), Vitamin E: 1.04mg (6.93%), Vitamin B3: 1.36mg (6.81%), Vitamin B5: 0.63mg (6.28%), Vitamin B1: 0.09mg (5.84%), Selenium: 3.78µg

(5.4%), Zinc: 0.74mg (4.95%), Iron: 0.7mg (3.9%), Vitamin B12: 0.23µg (3.81%)