

Simply Fruit

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



108 kcal

SIDE DISH

Ingredients

- 1 medium banana firm sliced
- 2 tablespoons brown sugar
- 2 kiwi fruit cubed peeled
- 2 medium navel oranges peeled sliced
- 1 cup grapes red seedless
- 0.5 cup vanilla yogurt

Equipment

- bowl

Directions

- In a large bowl, combine the oranges, kiwi, banana and grapes. Divide among six serving bowls.
- Combine yogurt and brown sugar; dollop over fruit.
- Serve immediately.

Nutrition Facts



PROTEIN 7.35% **FAT 4.33%** **CARBS 88.32%**

Properties

Glycemic Index:25.57, Glycemic Load:5.92, Inflammation Score:-4, Nutrition Score:7.649565162866%

Flavonoids

Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Hesperetin: 10.21mg, Hesperetin: 10.21mg, Hesperetin: 10.21mg, Hesperetin: 10.21mg Naringenin: 3.31mg, Naringenin: 3.31mg, Naringenin: 3.31mg, Naringenin: 3.31mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 107.88kcal (5.39%), Fat: 0.56g (0.87%), Saturated Fat: 0.22g (1.36%), Carbohydrates: 25.88g (8.63%), Net Carbohydrates: 23.2g (8.44%), Sugar: 19.69g (21.88%), Cholesterol: 1.02mg (0.34%), Sodium: 17.28mg (0.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.15g (4.31%), Vitamin C: 52.92mg (64.14%), Vitamin K: 16.02µg (15.25%), Fiber: 2.67g (10.7%), Potassium: 306.03mg (8.74%), Vitamin B6: 0.16mg (8%), Folate: 30.48µg (7.62%), Calcium: 72.42mg (7.24%), Vitamin B2: 0.1mg (6.14%), Manganese: 0.12mg (5.88%), Phosphorus: 58.13mg (5.81%), Copper: 0.11mg (5.53%), Magnesium: 20.68mg (5.17%), Vitamin B1: 0.07mg (4.8%), Vitamin B5: 0.37mg (3.74%), Vitamin A: 179.63IU (3.59%), Vitamin E: 0.54mg (3.57%), Vitamin B3: 0.51mg (2.57%), Zinc: 0.3mg (1.98%), Selenium: 1.33µg (1.9%), Vitamin B12: 0.11µg (1.8%), Iron: 0.32mg (1.77%)