



Strawberry-Sauced Crunchy Fruit Salad

 Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



525 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 cup brown sugar packed
- ☐ 20 ounce pineapple crushed drained canned
- ☐ 2 tablespoons confectioners' sugar
- ☐ 2.5 cups rice cereal crispy
- ☐ 2 granny smith apples diced cored
- ☐ 1.5 cups hazelnuts chopped
- ☐ 0.5 cup butter melted
- ☐ 0.3 cup orange juice

- ☐ 4 oranges diced seedless peeled
- ☐ 2 golden delicious apples diced cored
- ☐ 2 delicious apples diced red cored
- ☐ 1 pound strawberries fresh sliced
- ☐ 1 tablespoon tsp vanilla sugar

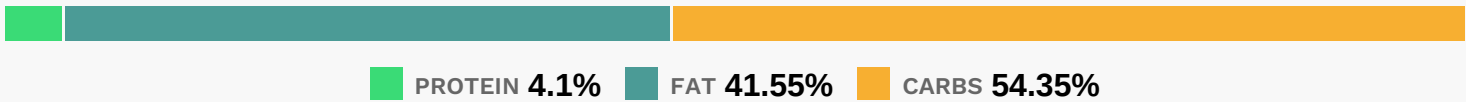
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C).
- ☐ Place the rice cereal and nuts into a baking pan. Stir in the brown sugar and margarine.
- ☐ Bake for 10 to 15 minutes, until toasty. Stir occasionally. Set aside to cool.
- ☐ In the container of a blender or large food processor, combine the strawberries, orange juice, confectioners' sugar and vanilla sugar. Puree into a smooth sauce. Set aside.
- ☐ To make the salad, toss the red, green and yellow apples with oranges and pineapple in a large serving bowl.
- ☐ Sprinkle with the nut crunch and spoon strawberry sauce over the top. Or you can serve the toppings on the side.

Nutrition Facts



Properties

Glycemic Index:39.45, Glycemic Load:10.72, Inflammation Score:-8, Nutrition Score:20.119130444915%

Flavonoids

Cyanidin: 4.61mg, Cyanidin: 4.61mg, Cyanidin: 4.61mg, Cyanidin: 4.61mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.81mg, Catechin: 3.81mg, Catechin: 3.81mg, Catechin: 3.81mg Epigallocatechin: 1.42mg, Epigallocatechin: 1.42mg, Epigallocatechin: 1.42mg, Epigallocatechin: 1.42mg Epicatechin: 10.57mg, Epicatechin: 10.57mg, Epicatechin: 10.57mg, Epicatechin: 10.57mg Epicatechin 3–gallate: 0.1mg, Epicatechin 3–gallate: 0.1mg, Epicatechin 3–gallate: 0.1mg, Epicatechin 3–gallate: 0.1mg Epigallocatechin 3–gallate: 0.56mg, Epigallocatechin 3–gallate: 0.56mg, Epigallocatechin 3–gallate: 0.56mg, Epigallocatechin 3–gallate: 0.56mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 19.08mg, Hesperetin: 19.08mg, Hesperetin: 19.08mg, Hesperetin: 19.08mg Naringenin: 10.4mg, Naringenin: 10.4mg, Naringenin: 10.4mg, Naringenin: 10.4mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 6.42mg, Quercetin: 6.42mg, Quercetin: 6.42mg, Quercetin: 6.42mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 524.66kcal (26.23%), Fat: 25.74g (39.6%), Saturated Fat: 3.46g (21.6%), Carbohydrates: 75.75g (25.25%), Net Carbohydrates: 66.56g (24.21%), Sugar: 58.5g (65%), Cholesterol: 0mg (0%), Sodium: 142.65mg (6.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.72g (11.44%), Vitamin C: 87.74mg (106.35%), Manganese: 1.69mg (84.36%), Fiber: 9.19g (36.75%), Copper: 0.58mg (29.24%), Vitamin E: 4.37mg (29.11%), Vitamin B1: 0.35mg (23.15%), Folate: 78.75µg (19.69%), Potassium: 653.14mg (18.66%), Magnesium: 73.22mg (18.31%), Vitamin A: 795.98IU (15.92%), Vitamin B6: 0.32mg (15.78%), Phosphorus: 120.73mg (12.07%), Iron: 2.05mg (11.41%), Calcium: 103.52mg (10.35%), Vitamin B2: 0.14mg (8.17%), Vitamin K: 7.96µg (7.58%), Vitamin B3: 1.41mg (7.03%), Zinc: 0.88mg (5.85%), Vitamin B5: 0.58mg (5.83%), Selenium: 2.27µg (3.24%)