



Summer Citrus Fruit Salad

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



8

CALORIES



82 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup vanilla yogurt french yoplait® (from two 6-oz containers)
- ☐ 1 tablespoon salad dressing
- ☐ 0.3 teaspoon orange zest grated
- ☐ 2 tablespoons orange juice
- ☐ 2 cups strawberries sliced
- ☐ 1 kiwi fruit peeled
- ☐ 1 small bunch grapes green seedless cut in half
- ☐ 11 oz mandarin orange segments drained canned

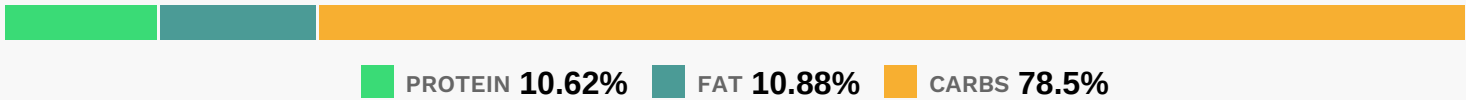
Equipment

☐ bowl

Directions

- ☐ In large glass or plastic bowl, mix yogurt, mayonnaise, orange peel and orange juice.
- ☐ Gently stir remaining ingredients into yogurt mixture. Cover and refrigerate at least 1 hour but no longer than 4 hours.

Nutrition Facts



Properties

Glycemic Index:29.08, Glycemic Load:4.83, Inflammation Score:-5, Nutrition Score:6.5469563940297%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg Naringenin: 4.09mg, Naringenin: 4.09mg, Naringenin: 4.09mg, Naringenin: 4.09mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 81.85kcal (4.09%), Fat: 1.06g (1.64%), Saturated Fat: 0.33g (2.07%), Carbohydrates: 17.29g (5.76%), Net Carbohydrates: 15.37g (5.59%), Sugar: 14.13g (15.7%), Cholesterol: 1.53mg (0.51%), Sodium: 39.66mg (1.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.34g (4.68%), Vitamin C: 43.04mg (52.17%), Manganese: 0.18mg (8.94%), Vitamin K: 8.69µg (8.28%), Calcium: 78.9mg (7.89%), Fiber: 1.92g (7.68%), Potassium: 249.56mg

(7.13%), Phosphorus: 65.8mg (6.58%), Vitamin A: 312.63IU (6.25%), Vitamin B2: 0.1mg (5.81%), Folate: 22.81µg (5.7%), Magnesium: 17.75mg (4.44%), Vitamin B6: 0.08mg (4.23%), Vitamin B1: 0.06mg (4.15%), Copper: 0.08mg (3.76%), Vitamin B5: 0.34mg (3.35%), Vitamin E: 0.41mg (2.71%), Vitamin B12: 0.16µg (2.71%), Selenium: 1.76µg (2.52%), Zinc: 0.36mg (2.42%), Vitamin B3: 0.41mg (2.05%), Iron: 0.33mg (1.81%)