



Summer Fresh Fruit Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



158 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups cantaloupe cut into bite-size pieces
- ☐ 1 cup grapes seedless
- ☐ 1 cup kiwi fruit peeled cut into bite-size pieces
- ☐ 0.3 cup lemonade concentrate frozen thawed
- ☐ 12 lettuce leaves
- ☐ 0.3 cup limeade concentrate frozen thawed
- ☐ 0.3 cup orange juice concentrate frozen thawed
- ☐ 2 cups peaches fresh pitted peeled cut into bite-size pieces

- ☐ 1 cup pecans toasted
- ☐ 2 cups pineapple chunks fresh
- ☐ 2 cups strawberries hulled halved
- ☐ 0.3 cup water cold
- ☐ 2 cups watermelon seeded cut into bite-size pieces

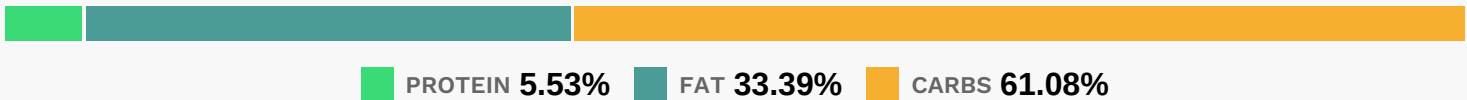
Equipment

- ☐ bowl

Directions

- ☐ In a large salad bowl, gently toss together the watermelon, cantaloupe, pineapple, strawberries, peaches, grapes, and kiwi until thoroughly combined.
- ☐ Combine the water and orange juice, limeade, and lemonade concentrates in a small bowl.
- ☐ Pour the dressing over the fruit salad. Gently toss, and sprinkle the salad with toasted pecans.
- ☐ Serve salad scooped on lettuce leaves.

Nutrition Facts



Properties

Glycemic Index:27.59, Glycemic Load:6, Inflammation Score:-9, Nutrition Score:11.887391391008%

Flavonoids

Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.68mg, Delphinidin: 0.68mg, Delphinidin: 0.68mg, Delphinidin: 0.68mg Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg

0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 157.72kcal (7.89%), Fat: 6.34g (9.76%), Saturated Fat: 0.55g (3.47%), Carbohydrates: 26.12g (8.71%), Net Carbohydrates: 22.77g (8.28%), Sugar: 21.1g (23.44%), Cholesterol: 0mg (0%), Sodium: 21.09mg (0.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.73%), Vitamin A: 2977.42IU (59.55%), Vitamin C: 49.05mg (59.45%), Manganese: 0.6mg (29.95%), Fiber: 3.35g (13.42%), Copper: 0.25mg (12.38%), Vitamin B1: 0.18mg (12.14%), Potassium: 362.07mg (10.34%), Vitamin K: 10.42µg (9.93%), Magnesium: 36mg (9%), Folate: 33.74µg (8.43%), Vitamin B6: 0.15mg (7.35%), Phosphorus: 62.84mg (6.28%), Iron: 0.99mg (5.49%), Vitamin B2: 0.09mg (5.4%), Zinc: 0.74mg (4.92%), Vitamin B3: 0.98mg (4.91%), Vitamin E: 0.73mg (4.89%), Calcium: 39.03mg (3.9%), Vitamin B5: 0.3mg (2.97%), Selenium: 1.9µg (2.71%)