


HEALTH SCORE **100%**

Summer Fruit Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



100 min.

SERVINGS



1

CALORIES



1365 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 apricots fresh pitted chopped
- 2 banana chopped
- 0.5 cantaloupe peeled seeded chopped
- 10 cherries pitted halved
- 15 grapes seedless
- 2 kiwi fruit peeled chopped
- 2 cranberry-orange relish peeled cut into bite size pieces
- 2 peaches fresh pitted chopped

1 pineapple fresh cored peeled chopped

3 plums pitted chopped

7 strawberries chopped

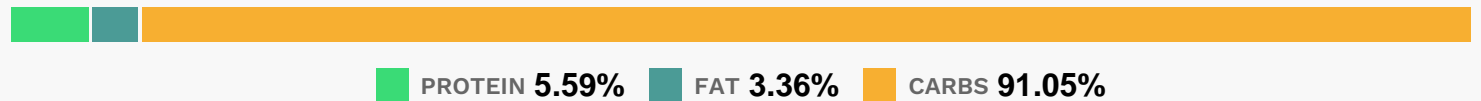
Equipment

bowl

Directions

In a large salad bowl, lightly stir together the pineapple, cantaloupe, peaches, plums, bananas, oranges, kiwi fruit, apricots, cherries, grapes, and strawberries; chill for 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:504.69, Glycemic Load:153.94, Inflammation Score:-10, Nutrition Score:64.358260942542%

Flavonoids

Cyanidin: 42.49mg, Cyanidin: 42.49mg, Cyanidin: 42.49mg, Cyanidin: 42.49mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 21.09mg, Pelargonidin: 21.09mg, Pelargonidin: 21.09mg, Pelargonidin: 21.09mg Peonidin: 1.86mg, Peonidin: 1.86mg, Peonidin: 1.86mg, Peonidin: 1.86mg Catechin: 43.55mg, Catechin: 43.55mg, Catechin: 43.55mg, Catechin: 43.55mg Epigallocatechin: 4.52mg, Epigallocatechin: 4.52mg, Epigallocatechin: 4.52mg, Epigallocatechin: 4.52mg Epicatechin: 21.57mg, Epicatechin: 21.57mg, Epicatechin: 21.57mg, Epicatechin: 21.57mg Epicatechin 3-gallate: 1.69mg, Epicatechin 3-gallate: 1.69mg, Epicatechin 3-gallate: 1.69mg, Epicatechin 3-gallate: 1.69mg Epigallocatechin 3-gallate: 1.95mg, Epigallocatechin 3-gallate: 1.95mg, Epigallocatechin 3-gallate: 1.95mg, Epigallocatechin 3-gallate: 1.95mg Hesperetin: 71.39mg, Hesperetin: 71.39mg, Hesperetin: 71.39mg, Hesperetin: 71.39mg Naringenin: 40.36mg, Naringenin: 40.36mg, Naringenin: 40.36mg, Naringenin: 40.36mg Luteolin: 3.7mg, Luteolin: 3.7mg, Luteolin: 3.7mg, Luteolin: 3.7mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 4.38mg, Kaempferol: 4.38mg, Kaempferol: 4.38mg, Kaempferol: 4.38mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 10.36mg, Quercetin: 10.36mg, Quercetin: 10.36mg, Quercetin: 10.36mg Gallocatechin: 0.2mg, Gallocatechin: 0.2mg, Gallocatechin: 0.2mg, Gallocatechin: 0.2mg

Nutrients (% of daily need)

Calories: 1364.79kcal (68.24%), Fat: 5.65g (8.69%), Saturated Fat: 0.77g (4.82%), Carbohydrates: 344.75g (114.92%), Net Carbohydrates: 299.28g (108.83%), Sugar: 257.79g (286.44%), Cholesterol: 0mg (0%), Sodium: 145.35mg (6.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.16g (42.32%), Vitamin C: 854.05mg (1035.21%), Manganese: 10.16mg (507.85%), Vitamin A: 13878.18IU (277.56%), Fiber: 45.47g (181.88%), Vitamin B6: 2.57mg (128.59%), Potassium: 4406.76mg (125.91%), Vitamin K: 126.77µg (120.74%), Copper: 2.36mg (118.05%), Folate: 433.72µg (108.43%), Vitamin B1: 1.44mg (96.16%), Magnesium: 333.35mg (83.34%), Vitamin B3: 13.67mg (68.37%), Vitamin B2: 0.96mg (56.27%), Vitamin B5: 5.19mg (51.9%), Vitamin E: 7.16mg (47.75%), Phosphorus: 435.54mg (43.55%), Iron: 7.52mg (41.76%), Calcium: 387.11mg (38.71%), Zinc: 4.35mg (28.98%), Selenium: 16.41µg (23.45%)