



Summer Fruit Salad II



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



6

CALORIES



87 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 plum black pitted cut into small cubes
- ☐ 1 cup blueberries fresh
- ☐ 0.5 cup coconut or shredded
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 large peaches white pitted cut into small cubes
- ☐ 0.5 cup grapes red seedless halved
- ☐ 3 cups watermelon seedless cubed (1-inch)

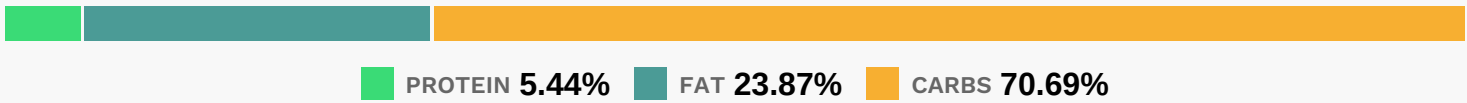
Equipment

- ☐ bowl
- ☐ plastic wrap

Directions

- ☐ Gently toss the watermelon, peach, nectarine, plum, blueberries, and grapes together in a large bowl.
- ☐ Sprinkle the coconut and cinnamon over the fruit mixture and lightly stir to mix. Cover the bowl with plastic wrap and chill in refrigerator at least 1 hour before serving. Top with whipped topping as desired.

Nutrition Facts



Properties

Glycemic Index:42.43, Glycemic Load:7.73, Inflammation Score:-5, Nutrition Score:4.6608695465585%

Flavonoids

Cyanidin: 3.27mg, Cyanidin: 3.27mg, Cyanidin: 3.27mg, Cyanidin: 3.27mg Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg Peonidin: 5.04mg, Peonidin: 5.04mg, Peonidin: 5.04mg, Peonidin: 5.04mg Catechin: 3.06mg, Catechin: 3.06mg, Catechin: 3.06mg, Catechin: 3.06mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 1.19mg, Epicatechin: 1.19mg, Epicatechin: 1.19mg, Epicatechin: 1.19mg Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 87.28kcal (4.36%), Fat: 2.56g (3.94%), Saturated Fat: 2.01g (12.59%), Carbohydrates: 17.07g (5.69%), Net Carbohydrates: 14.7g (5.34%), Sugar: 13.08g (14.53%), Cholesterol: 0mg (0%), Sodium: 6.42mg (0.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.63%), Manganese: 0.3mg (15.12%), Vitamin C: 11.42mg (13.85%), Vitamin A: 588.08IU (11.76%), Fiber: 2.38g (9.51%), Vitamin K: 8.37µg (7.97%), Copper: 0.12mg (6.06%), Potassium: 206.17mg (5.89%), Magnesium: 15.4mg (3.85%), Vitamin B1: 0.06mg (3.83%), Vitamin B6: 0.07mg (3.62%), Iron: 0.6mg (3.36%), Vitamin E: 0.47mg (3.12%), Phosphorus: 29.76mg (2.98%), Vitamin B3: 0.58mg (2.92%), Vitamin B5:

0.29mg (2.86%), Vitamin B2: 0.05mg (2.84%), Selenium: 1.64µg (2.34%), Folate: 8.06µg (2.02%), Zinc: 0.28mg (1.88%), Calcium: 14.16mg (1.42%)