



Summer Fruit Salad II



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



6

CALORIES



111 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 nectarines pitted cut into small cubes
- ☐ 1 large peaches white pitted cut into small cubes
- ☐ 0.5 cup grapes red seedless halved
- ☐ 3 cups watermelon seedless cubed (1-inch)

☐

0.5 cup nondairy whipped topping

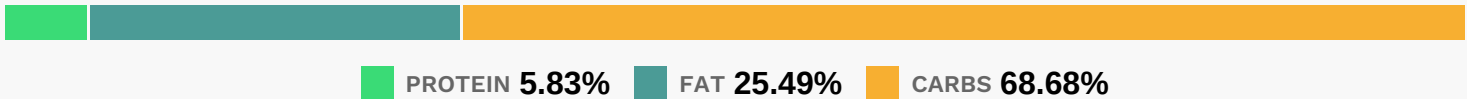
Equipment

- ☐ 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:49.6, Glycemic Load:8.59, Inflammation Score:-6, Nutrition Score:5.3986956379984%

Flavonoids

Cyanidin: 3.82mg, Cyanidin: 3.82mg, Cyanidin: 3.82mg, Cyanidin: 3.82mg 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: 3.83mg, Catechin: 3.83mg, Catechin: 3.83mg, Catechin: 3.83mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 1.85mg, Epicatechin: 1.85mg, Epicatechin: 1.85mg, Epicatechin: 1.85mg 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: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 111.42kcal (5.57%), Fat: 3.45g (5.31%), Saturated Fat: 2.72g (17%), Carbohydrates: 20.94g (6.98%), Net Carbohydrates: 18.17g (6.61%), Sugar: 16.61g (18.45%), Cholesterol: 0.13mg (0.04%), Sodium: 14.3mg (0.62%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.78g (3.56%), Manganese: 0.32mg (15.82%), Vitamin C: 12.18mg (14.76%), Vitamin A: 679.03IU (13.58%), Fiber: 2.77g (11.07%), Vitamin K: 9.09µg (8.66%), Copper: 0.14mg (7.15%), Potassium: 246.54mg (7.04%), Magnesium: 18.17mg (4.54%), Vitamin B1: 0.07mg (4.5%), Vitamin B3: 0.88mg (4.4%), Vitamin E: 0.66mg (4.38%), Phosphorus: 41.15mg (4.11%), Vitamin B6: 0.08mg (4.01%), Iron: 0.69mg (3.83%), Vitamin B2: 0.06mg (3.58%), Vitamin B5: 0.33mg (3.34%), Selenium: 1.79µg (2.55%), Folate: 9.81µg (2.45%), Zinc: 0.34mg (2.28%), Calcium: 19.12mg (1.91%)