



## Summertime Fruit Salad with Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



140 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 1 cup blueberries fresh
- ☐ 0.3 cup rum (raspberry-flavored liqueur)
- ☐ 1 teaspoon rum (raspberry-flavored liqueur)
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 cups nectarines diced
- ☐ 1 cup raspberries fresh
- ☐ 3 tablespoons slivered almonds toasted
- ☐ 1 cup strawberries sliced

- ☐ 2 teaspoons sugar
- ☐ 5 tablespoons sugar
- ☐ 1 cup cherries sweet pitted halved
- ☐ 0.3 cup water
- ☐ 0.3 cup whipping cream

## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ blender

## Directions

- ☐ Combine 1/3 cup water, 5 tablespoons sugar, 1/4 cup Chambord, and juice in a small saucepan over medium-low heat; bring to a boil. Simmer 8 minutes or until sugar dissolves, stirring frequently.
- ☐ Remove from heat, and cool.
- ☐ Combine nectarines and next 4 ingredients (through blueberries) in a large bowl.
- ☐ Add sugar mixture, and toss gently to coat.
- ☐ Place whipping cream and 2 teaspoons sugar in a medium bowl, and beat with a mixer at high speed until stiff peaks form. Fold in 1 teaspoon Chambord.
- ☐ Serve whipped cream over fruit, and sprinkle evenly with almonds.

## Nutrition Facts



## Properties

Glycemic Index:46.65, Glycemic Load:9.25, Inflammation Score:-4, Nutrition Score:5.9573912387309%

## Flavonoids

Cyanidin: 16.8mg, Cyanidin: 16.8mg, Cyanidin: 16.8mg, Cyanidin: 16.8mg Petunidin: 5.91mg, Petunidin: 5.91mg, Petunidin: 5.91mg, Petunidin: 5.91mg Delphinidin: 6.87mg, Delphinidin: 6.87mg, Delphinidin: 6.87mg, Delphinidin: 6.87mg

6.87mg Malvidin: 12.53mg, Malvidin: 12.53mg, Malvidin: 12.53mg, Malvidin: 12.53mg Pelargonidin: 4.71mg, Pelargonidin: 4.71mg, Pelargonidin: 4.71mg, Pelargonidin: 4.71mg Peonidin: 4.04mg, Peonidin: 4.04mg, Peonidin: 4.04mg, Peonidin: 4.04mg Catechin: 3.66mg, Catechin: 3.66mg, Catechin: 3.66mg, Catechin: 3.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 2.66mg, Epicatechin: 2.66mg, Epicatechin: 2.66mg, Epicatechin: 2.66mg Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 140.16kcal (7.01%), Fat: 5.86g (9.02%), Saturated Fat: 2.44g (15.27%), Carbohydrates: 22.23g (7.41%), Net Carbohydrates: 18.79g (6.83%), Sugar: 17.64g (19.6%), Cholesterol: 11.21mg (3.74%), Sodium: 8.54mg (0.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.28%), Vitamin C: 21.21mg (25.71%), Manganese: 0.38mg (18.97%), Fiber: 3.44g (13.77%), Vitamin E: 1.61mg (10.75%), Vitamin K: 6.87µg (6.54%), Magnesium: 23.97mg (5.99%), Copper: 0.12mg (5.94%), Vitamin A: 294.31IU (5.89%), Vitamin B2: 0.1mg (5.75%), Potassium: 197.1mg (5.63%), Phosphorus: 49.16mg (4.92%), Vitamin B3: 0.84mg (4.18%), Folate: 15.13µg (3.78%), Iron: 0.58mg (3.25%), Vitamin B1: 0.04mg (2.98%), Calcium: 29.03mg (2.9%), Vitamin B6: 0.06mg (2.82%), Vitamin B5: 0.26mg (2.57%), Zinc: 0.37mg (2.45%), Vitamin D: 0.16µg (1.06%)