



Tealightful" Fruit Bowl

 Vegetarian  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



14

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 oz strawberries fresh halved (3 cups)
- 2 cups cherries dark fresh sweet whole pitted peeled chopped
- 1 cup grapes green seedless
- 1 cup blueberries fresh
- 0.3 cup pomegranate juice
- 1 tablespoon balsamic vinegar
- 1 tablespoon honey
- 1 teaspoon freshly tea instant

Equipment

bowl

Directions

In large bowl, mix salad ingredients.

In jar with tight-fitting lid, shake dressing ingredients until well mixed.

Pour dressing over salad; toss gently to coat.

Serve immediately.

Nutrition Facts



PROTEIN 4.91% **FAT 3.72%** **CARBS 91.37%**

Properties

Glycemic Index:17.88, Glycemic Load:3.45, Inflammation Score:-2, Nutrition Score:3.1404347860295%

Flavonoids

Cyanidin: 7.5mg, Cyanidin: 7.5mg, Cyanidin: 7.5mg, Cyanidin: 7.5mg Petunidin: 3.37mg, Petunidin: 3.37mg, Petunidin: 3.37mg, Petunidin: 3.37mg Delphinidin: 3.88mg, Delphinidin: 3.88mg, Delphinidin: 3.88mg, Delphinidin: 3.88mg Malvidin: 7.15mg, Malvidin: 7.15mg, Malvidin: 7.15mg, Malvidin: 7.15mg Pelargonidin: 8.11mg, Pelargonidin: 8.11mg, Pelargonidin: 8.11mg, Pelargonidin: 8.11mg Peonidin: 2.46mg, Peonidin: 2.46mg, Peonidin: 2.46mg, Peonidin: 2.46mg Catechin: 2.43mg, Catechin: 2.43mg, Catechin: 2.43mg, Catechin: 2.43mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg 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: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Theaflavin: 0.01mg, Theaflavin: 0.01mg, Theaflavin: 0.01mg, Theaflavin: 0.01mg Thearubigins: 0.29mg, Thearubigins: 0.29mg, Thearubigins: 0.29mg, Thearubigins: 0.29mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg Theaflavin-3,3'-digallate: 0.01mg, Theaflavin-3,3'-digallate: 0.01mg, Theaflavin-3,3'-digallate: 0.01mg, Theaflavin-3,3'-digallate: 0.01mg Theaflavin-3'-gallate: 0.01mg, Theaflavin-3'-gallate: 0.01mg, Theaflavin-3'-gallate: 0.01mg, Theaflavin-3'-gallate: 0.01mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 44.23kcal (2.21%), Fat: 0.2g (0.31%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 11.14g (3.71%), Net Carbohydrates: 9.72g (3.54%), Sugar: 8.8g (9.77%), Cholesterol: 0mg (0%), Sodium: 1.38mg (0.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.6g (1.2%), Vitamin C: 21.81mg (26.44%), Manganese: 0.19mg (9.49%), Fiber: 1.42g (5.68%), Vitamin K: 5.2µg (4.96%), Potassium: 133.78mg (3.82%), Folate: 10.53µg (2.63%), Copper: 0.05mg (2.45%), Vitamin B6: 0.04mg (2.09%), Magnesium: 8.26mg (2.06%), Vitamin B1: 0.03mg (1.67%), Iron: 0.29mg (1.62%), Phosphorus: 16.11mg (1.61%), Vitamin B2: 0.03mg (1.58%), Vitamin E: 0.21mg (1.37%), Vitamin B3: 0.23mg (1.16%), Vitamin B5: 0.11mg (1.12%), Calcium: 10.35mg (1.03%)