

Very Easy Fruit Salad

 Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



10

CALORIES



153 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 21 ounce peach pie filling canned
- 3 banana sliced
- 1 pound grapes seedless halved
- 3 kiwi fruit peeled sliced
- 1 pint strawberries hulled cleaned sliced

Equipment

- bowl

Directions

In a large bowl, combine the strawberries, grapes, kiwis, and bananas. Gently mix in peaches. Chill for 1 hour before serving.

Nutrition Facts

PROTEIN 3.3% **FAT 2.75%** **CARBS 93.95%**

Properties

Glycemic Index:19.34, Glycemic Load:10.16, Inflammation Score:-4, Nutrition Score:8.403478399567%

Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Pelargonidin: 11.76mg, Pelargonidin: 11.76mg, Pelargonidin: 11.76mg, Pelargonidin: 11.76mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 3.63mg, Catechin: 3.63mg, Catechin: 3.63mg, Catechin: 3.63mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 153.31kcal (7.67%), Fat: 0.51g (0.79%), Saturated Fat: 0.08g (0.49%), Carbohydrates: 39.28g (13.09%), Net Carbohydrates: 35.59g (12.94%), Sugar: 24.33g (27.04%), Cholesterol: 0mg (0%), Sodium: 31.08mg (1.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.76%), Vitamin C: 53.76mg (65.16%), Vitamin K: 19.14µg (18.23%), Manganese: 0.35mg (17.66%), Fiber: 3.69g (14.76%), Vitamin B6: 0.22mg (10.87%), Potassium: 366.61mg (10.47%), Copper: 0.18mg (8.86%), Folate: 26.44µg (6.61%), Magnesium: 24.44mg (6.11%), Vitamin B2: 0.08mg (4.79%), Vitamin B1: 0.07mg (4.54%), Vitamin E: 0.64mg (4.25%), Phosphorus: 41.67mg (4.17%), Iron: 0.69mg (3.82%), Vitamin B3: 0.63mg (3.13%), Vitamin B5: 0.28mg (2.75%), Calcium: 25.81mg (2.58%), Vitamin A: 96.31IU (1.93%), Zinc: 0.21mg (1.42%), Selenium: 0.82µg (1.17%)