



Watermelon Fruit Salad Bowl

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



20

CALORIES



174 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 30 ounce mandarin orange segments drained canned
- 1 cantaloupe halved seeded
- 2 cups grapes seedless
- 1 wedges honeydew melon halved seeded
- 2 tablespoons lemon zest grated
- 0.3 cup splenda® no calorie sweetener
- 40 ounce pineapple chunks drained canned
- 2 cups strawberries fresh halved

Glycemic Index:13.91, Glycemic Load:16.05, Inflammation Score:-9, Nutrition Score:12.256956520288%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 1.21mg, Luteolin: 1.21mg, Luteolin: 1.21mg, Luteolin: 1.21mg Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 173.81kcal (8.69%), Fat: 0.63g (0.96%), Saturated Fat: 0.09g (0.57%), Carbohydrates: 44.1g (14.7%), Net Carbohydrates: 40.73g (14.81%), Sugar: 37.99g (42.21%), Cholesterol: 0mg (0%), Sodium: 25.52mg (1.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.77g (5.53%), Vitamin C: 62.22mg (75.42%), Vitamin A: 2843.94IU (56.88%), Potassium: 621.32mg (17.75%), Vitamin B1: 0.22mg (14.77%), Fiber: 3.37g (13.47%), Vitamin B6: 0.25mg (12.51%), Magnesium: 48.75mg (12.19%), Copper: 0.24mg (11.95%), Manganese: 0.18mg (9.02%), Folate: 31.57µg (7.89%), Vitamin B5: 0.65mg (6.53%), Vitamin B3: 1.3mg (6.48%), Iron: 1.15mg (6.36%), Vitamin B2: 0.1mg (5.98%), Vitamin K: 5.74µg (5.47%), Phosphorus: 51.68mg (5.17%), Zinc: 0.72mg (4.79%), Calcium: 41.04mg (4.1%), Selenium: 2.29µg (3.27%), Vitamin E: 0.29mg (1.91%)