



Healthdor

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Fresh-Cut Fruit Breakfast Side ♦♦

A refreshing and healthy breakfast side dish made with fresh-cut fruits. It can be enjoyed on its own or paired with other breakfast items. This recipe is not vegan or vegetarian.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 500 grams

Number of Servings: 5

Serving Size: 100 g

Ingredients

100 g	Apple
100 g	Banana
100 g	Orange
100 g	Strawberries
100 g	Grapes

Directions

Step 1

Wash and peel the fruits.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Cut the fruits into bite-sized pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 52 kcal

Fat: 0 g

Protein: 1 g

Carbohydrates: 14 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	1 g	5.88%	5.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	14 g	25.45%	28%
Fibers	2 g	5.26%	8%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	98 iu	10.89%	14%
Vitamin C	51 mg	56.67%	68%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	0 mg	0%	0%
Calcium	16 mg	1.6%	1.6%
Iron	0 mg	0%	0%
Potassium	195 mg	5.74%	7.5%
Zinc	0 mg	0%	0%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Summer

Fall

Events

Valentine's Day

Cuisines

Middle Eastern

Nutritional Content

Low Fat

High Fiber

Sugar-Free

Course

Soups

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Hanukkah

St. Patrick's Day

Thanksgiving

Halloween

Cost

\$10 to \$20

Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Heart Healthy

Meal Type

Breakfast

Difficulty Level

Easy

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