



Healthdor

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Berry Medley ♦

A delicious and refreshing medley of mixed berries, perfect for a vegetarian diet.

Recipe Type: Vegetarian

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

200 g	Strawberries
150 g	blueberries
100 g	Raspberries
50 g	Blackberries

Directions

Step 1

Wash all the berries thoroughly.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Slice the strawberries.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Mixing

Combine all the berries in a bowl.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 43 kcal

Fat: 0 g

Protein: 1 g

Carbohydrates: 10 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	10 g	18.18%	20%
Fibers	3 g	7.89%	12%
Sugars	7 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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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	59 mg	65.56%	78.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1 mg	0.04%	0.04%
Calcium	16 mg	1.6%	1.6%
Iron	0 mg	0%	0%
Potassium	153 mg	4.5%	5.88%
Zinc	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic
Game Day

Meal Type

Brunch Snack Supper

Difficulty Level

Medium

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