



Healthdor

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## Fruit Works <sup>♦♦</sup>

A delicious and refreshing fruit salad that can be enjoyed as a snack or dessert. It is made with a variety of fresh fruits and a light dressing.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** N/A

**Total Time:** 15 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	Grapes
100 g	Strawberries
2 tbsp	honey

2 tbsp lemon juice

## Directions

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### Step 1

Cut

Wash and prepare all the fruits by cutting them into bite-sized pieces.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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### Step 2

Mixing

In a small bowl, mix together honey and lemon juice to make the dressing.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Mixing

Pour the dressing over the fruits and gently toss to coat.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 4

Serving

Serve the fruit salad chilled.

**Prep Time:** 0 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	49 mg	54.44%	65.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	0 mcg	0%	0%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Easter Thanksgiving Birthday Game Day

### Course

Snacks Sauces & Dressings

### Cultural

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

### Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

### Meal Type

Snack

Supper

### Difficulty Level

Easy

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