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High Potassium Fruit Salad ♦♦

This high potassium fruit salad is a refreshing and healthy dish that combines a variety of fruits rich in potassium. It can be enjoyed as a light meal or a side dish. The salad is packed with vitamins, minerals, and antioxidants, making it a great choice for a nutritious and delicious snack.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	Bananas
150 g	oranges
100 g	Kiwi
100 g	Strawberries
50 g	blueberries

30 g honey

30 ml lime juice

Directions

Step 1

Cut

Peel and slice the bananas.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cut

Peel and segment the oranges.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Cut

Peel and slice the kiwi.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Cut

Hull and slice the strawberries.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Rinse the blueberries.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Mixing

In a large bowl, combine all the fruits.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Drizzle honey and lime juice over the fruit salad.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 1 g

Protein: 2 g

Carbohydrates: 50 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	50 g	90.91%	100%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	8 g	21.05%	32%
Sugars	30 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	1 g	3.57%	4%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	150 mg	166.67%	200%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	0 mg	0%	0%
Calcium	4 mg	0.4%	0.4%
Iron	4 mg	50%	22.22%
Potassium	600 mg	17.65%	23.08%
Zinc	4 mg	36.36%	50%
Selenium	0 mcg	0%	0%

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

Lunch Snack

Difficulty Level

Easy

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