



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Fruit Salad ••

A refreshing and healthy fruit salad that is perfect for any occasion. It can be enjoyed as a side dish, dessert, or snack. The combination of various fruits creates a colorful and flavorful dish that is sure to please everyone.

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	Strawberries
100 g	Grapes

100 g	honeydew melon
100 g	Watermelon
100 g	Pineapple
100 g	Mango
100 g	Lime

Directions

Step 1

Cut

Wash and prepare all the fruits by peeling, slicing, and removing any seeds or pits.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Mixing

In a large bowl, combine all the prepared fruits and gently toss them together.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Refrigerating

Refrigerate the fruit salad for at least 1 hour before serving to allow the flavors to meld together.

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	11 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	59 mg	65.56%	78.67%
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	1 mg	0.04%	0.04%
Calcium	9 mg	0.9%	0.9%
Iron	0 mg	0%	0%
Potassium	176 mg	5.18%	6.77%
Zinc	0 mg	0%	0%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas 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

Cuisines

Italian

Meal Type

Lunch

Snack

Supper

Difficulty Level

Easy

Visit our website: healthdor.com