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## Fruit Ball ♦

A delicious and refreshing fruit ball recipe that is perfect for any occasion. This recipe is not vegan or vegetarian.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** N/A

**Total Time:** 20 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 10

**Serving Size:** 50 g

### Ingredients

|       |            |
|-------|------------|
| 200 g | Watermelon |
| 150 g | Pineapple  |
| 100 g | Kiwi       |
| 50 g  | Mango      |
| 50 g  | sugar      |
| 2 tsp | lime juice |

# Directions

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## Step 1

### Cutting

Cut the watermelon, pineapple, kiwi, and mango into small cubes.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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## Step 2

### Mixing

In a large bowl, combine the cut fruits, sugar, and lime juice. Mix well.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 3

### Shaping

Using your hands, shape the fruit mixture into small balls.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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# Nutrition Facts

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**Calories:** 50 kcal

**Fat:** 0 g

**Protein:** 1 g

**Carbohydrates:** 13 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 | 13 g  | 23.64%                 | 26%                      |
| 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   | 10 iu | 1.11%                  | 1.43%                    |
| Vitamin C   | 60 mg | 66.67%                 | 80%                      |
| Vitamin B6  | 4 mg  | 307.69%                | 307.69%                  |
| Vitamin B12 | 0 mcg | 0%                     | 0%                       |
| Vitamin E   | 4 mg  | 26.67%                 | 26.67%                   |
| Vitamin D   | 0 mcg | 0%                     | 0%                       |

## Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Sodium   | 0 mg  | 0%                     | 0%                       |
| Calcium  | 2 mg  | 0.2%                   | 0.2%                     |
| Iron     | 2 mg  | 25%                    | 11.11%                   |

| Nutrient  | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|-------|------------------------|--------------------------|
| Potassium | 6 mg  | 0.18%                  | 0.23%                    |
| Zinc      | 2 mg  | 18.18%                 | 25%                      |
| 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 Dinner Snack Supper

### Difficulty Level

Easy

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