



Healthdor

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Mixed Fruit Side

A refreshing side dish made with a variety of mixed fruits. Perfect for a summer picnic or brunch.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

100 g	Apple
100 g	Banana
100 g	Orange
100 g	Strawberries
100 g	Grapes

Directions

Step 1

Cut

Wash and cut the fruits into bite-sized pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mix

Combine all the fruits in a bowl and mix well.

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Refrigerating

Refrigerate for at least 1 hour before serving.

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	59 mg	65.56%	78.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	195 mg	5.74%	7.5%
Zinc	0 mg	0%	0%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Summer Fall

Events

Thanksgiving Game Day

Meal Type

Breakfast Lunch Brunch Supper

Course

Salads Snacks Sauces & Dressings

Cultural

Hanukkah Oktoberfest

Diet

The Whole30 Diet Vegetarian Diet Ovo-Vegetarian Diet
 Lacto-Ovo Vegetarian Diet Fruitarian Diet Gluten-Free Diet Low Sodium Diet
 The Fast Metabolism Diet Nutrient Timing Diet

Difficulty Level

Easy

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