

RAINBOW FRUIT SALAD

From: Fruits and Veggies - More Matters. Centers for Disease Control and Prevention

<http://apps.nccd.cdc.gov/dnparchive/recipe/recipe.asp>

Ingredients

- 1 large mango, peeled & diced
- 2 cups fresh blueberries
- 2 nectarines, unpeeled & sliced
- 2 cups halved fresh strawberries
- 2 cups seedless grapes
- 2 bananas, sliced
- 1 kiwifruit, peeled & diced
- 1/3 cup fresh orange juice
- 2 Tbsp. lemon juice
- 1 ½ Tbsp. honey
- ¼ tsp. ground ginger
- dash nutmeg

Instructions

1. Prepare the fruit and place in a large bowl.
2. Combine orange juice, lemon juice, honey, ginger, and nutmeg in a small bowl.
3. Whisk together until well combined.
4. Just before serving, pour honey orange sauce over the fruit.

Serves 12

Nutritional facts per serving (12 servings)

Calories: 100
Calories from fat: 5
Total fat: 0 g
Saturated fat: 0g
Trans fat: 0g
Cholesterol: 0mg
Sodium: 0mg
Total carbohydrate: 25g
Dietary fiber: 3g
Sugars: 18g
Protein: 1g
Vitamin A: 6%
Vitamin C: 70%
Calcium: 2%
Iron: 2%

Diabetic Exchange**

Fruit: 1
Vegetables: 0
Meat: 0
Milk: 0
Fat: 0
Carbs: 0
Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included.

Percent Daily Values are based on a 2,000 calorie diet.



Wellness Center