



FRUIT SALAD

4 portions

### INGREDIENTS

- 2 bananas, raw [272 g]
- 250 grams of strawberries, raw
- 600 grams of pineapple, raw, all varieties
- 400 grams of grapes, red or green raw
- 800 grams of watermelon, raw
- 125 grams of blueberries, raw
- 3 kiwifruit, green, raw [207 g]

### COOKING METHOD

- 1° Cut and all fruit and mix together in a large serving bowl.

### NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (664 g)	% DRI
ENERGY	50 kcal	334 kcal	17 %
FAT	0 g	1 g	2 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 g	1 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	1 mg	9 mg	0 %
CARBOHYDRATE	13 g	85 g	28 %
SUGARS	9 g	62 g	—
FIBER	1 g	9 g	36 %
PROTEIN	1 g	5 g	—