

MACEDONIA DI FRUTTA (MIXED MARINATED FRUIT)

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 1 cup

Nutrition (per serving)

Calories: 107

Total Carbohydrate: 26 g

Total Fat: 1 g

Dietary Fiber: 4 g

Saturated Fat: 0 g

Protein: 2 g

Sodium: 14 mg

Ingredients

2 cups chopped canteloupe

1 cup peeled and chopped peaches

1 cup chopped strawberries

1 cup blueberries

2/3 cup chopped nectarines

1/2 cup fresh orange juice

1/4 cup sugar or splenda

2 Tbsp white grape juice



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2 peeled and sliced kiwifruit

Directions

1. Put all ingredients in a large bowl; toss gently to combine.
2. Cover and chill 2 hours. Serving size is 1 cup. Serves 5.