

Recipe Analyzer Results

A single serving of this recipe has 85 calories.

Read through [the nutrition label](#) for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.

Nutrition Facts

Servings: 8

Amount per serving

Calories 85

% Daily Value\*

Total Fat 0.3g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 3mg 0%

Total Carbohydrate 22.2g 8%

Dietary Fiber 4.2g 15%

Total Sugars 16g

Protein 0.9g

Vitamin D 0mcg 0%

Calcium 25mg 2%

Iron 0mg 2%

Ingredients:

- 2 apples, cored and chopped
- 2 oranges, peeled and chopped
- 1/2 small cantaloupe, seeded and chopped
- 2 pears
- 2 tbsp lime juice, about 1 medium lime

Potassium 233mg

5%

## Nutrition Facts

Servings: 8

*\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

Recipe analyzed by **verywell**