

# Fruit Salad with Balsamic Glaze

## Ingredients:

- 2 oranges cut into slices
- 15 green grapes
- 15 red grapes
- 2 apples
- 2 pears
- 2 cups strawberries cut into large pieces

## Glaze

- ½ cup balsamic
- 1 tbsp. honey



## Nutrition Facts

Serving Size 1 cup (227g)  
Servings Per Container 6

Amount Per Serving

**Calories** 120      **Calories from Fat** 5

% Daily Value\*

**Total Fat** 0g      **0%**

    Saturated Fat 0g      **0%**

    Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 5mg      **0%**

**Total Carbohydrate** 32g      **11%**

    Dietary Fiber 5g      **20%**

    Sugars 24g

**Protein** 1g

Vitamin A 2%      • Vitamin C 90%

Calcium 4%      • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4



## Directions:

1. Cut up fruit into bite size pieces and arrange in a large bowl.
2. To prepare glaze: In a saucepan, combine balsamic vinegar and honey. Cook over low heat until it thickens and becomes like syrup. Cool to room temperature.
3. Just before serving, lightly drizzle the glaze over fruit, garnish with fresh mint and serve.