



Dr. Laleh's Fruit Salad (Grapes/Cantaloupe/Pear)

Ingredients

Amount

Cantaloupe	1 medium
Pear	1 large
Red seedless grapes	~3 Cups

Preparation:

Peel and cut cantaloupe into cubes. Wash & dry pear, chop into cubes.

Wash & dry grapes. Please all in a large glass bowl and refrigerate for up to a week.

Nutrition Facts

Servings 6.0

Amount Per Serving

calories 100

% Daily Value *

Total Fat 0 g	0 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 13 mg	1 %
Potassium 282 mg	8 %
Total Carbohydrate 26 g	9 %
Dietary Fiber 2 g	10 %
Sugars 22 g	
Protein 1 g	3 %
Vitamin A	63 %
Vitamin C	61 %
Calcium	4 %
Iron	2 %