

# 4th of July Fruit Salad

Yield: 4 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/4th-of-july-bbq-potato-salad-recipe>

## Ingredients:

- 1/2 watermelon medium
- 1 honeydew melon medium
- 2 cups strawberries
- 1 cup blueberries
- 2 cups cherries
- 2 tablespoons coconut flakes
- whipped cream homemade coconut, optional

## Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 99 grams
3. Fat: 1.5 grams
4. Fiber: 8 grams
5. Protein: 11 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 65 milligrams
8. Sugar: 77 grams

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