



5:2 Diet - Coconut Fruit Salad = 174 Calories



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



188 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 servings sprinkle of desiccated coconut
- ☐ 1 passion fruit rum halved
- ☐ 12 raspberries
- ☐ 2 servings drizzle of runny honey
- ☐ 8 strawberries halved
- ☐ 125 g coconut yoghurt

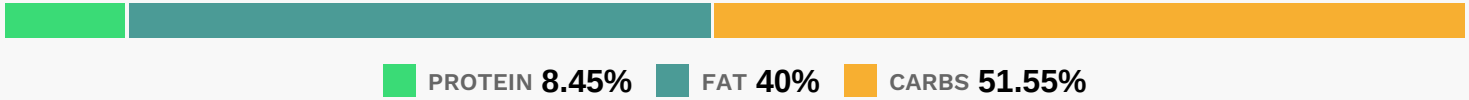
Equipment

- ☐ bowl

Directions

- ☐ Spoon a tub of CO YO yoghurt or any other coconut yoghurt into two bowls.
- ☐ Arrange the berries and nectarine slices over the yoghurt, then drizzle with honey. For a strict vegan dessert, skip the honey.
- ☐ Finish off each dish with a sprinkle of coconut.

Nutrition Facts



Properties

Glycemic Index:83.64, Glycemic Load:6.48, Inflammation Score:-6, Nutrition Score:10.29043484382%

Flavonoids

Cyanidin: 6.3mg, Cyanidin: 6.3mg, Cyanidin: 6.3mg, Cyanidin: 6.3mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 12.05mg, Pelargonidin: 12.05mg, Pelargonidin: 12.05mg, Pelargonidin: 12.05mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 1.65mg, Catechin: 1.65mg, Catechin: 1.65mg, Catechin: 1.65mg Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 188.23kcal (9.41%), Fat: 9g (13.85%), Saturated Fat: 7.07g (44.16%), Carbohydrates: 26.1g (8.7%), Net Carbohydrates: 18.3g (6.65%), Sugar: 17.03g (18.92%), Cholesterol: 8.13mg (2.71%), Sodium: 45.23mg (1.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.28g (8.56%), Vitamin C: 44.62mg (54.08%), Fiber: 7.8g (31.22%), Manganese: 0.55mg (27.41%), Phosphorus: 124.15mg (12.42%), Vitamin A: 612.2IU (12.24%), Potassium: 394.27mg (11.27%), Vitamin B2: 0.17mg (10.1%), Magnesium: 37.85mg (9.46%), Calcium: 94.43mg (9.44%), Copper: 0.16mg (7.91%), Iron: 1.35mg (7.51%), Folate: 25.41µg (6.35%), Vitamin B6: 0.12mg (6.17%), Selenium: 3.75µg (5.36%), Vitamin B3: 1.01mg (5.05%), Zinc: 0.75mg (4.97%), Vitamin B5: 0.43mg (4.27%), Vitamin B12: 0.23µg (3.85%), Vitamin B1: 0.04mg (2.63%), Vitamin K: 2.44µg (2.33%), Vitamin E: 0.33mg (2.22%)