



Anise Fruit Bowl

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



30 min.

SERVINGS



16

CALORIES



165 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons aniseed
- 12 cups fruit fresh assorted
- 3 tablespoons juice of lemon
- 0.5 teaspoon salt
- 1.3 cups sugar
- 2 cups water

Equipment

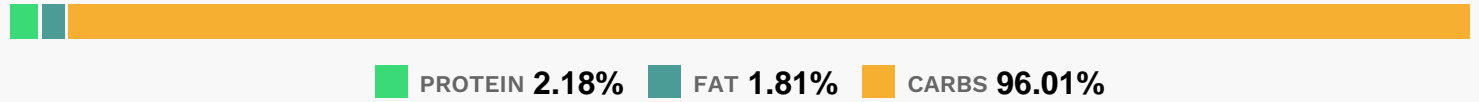
- bowl

- sauce pan
- slotted spoon

Directions

- In a small saucepan, combine the water, sugar, lemon juice, aniseed and salt. Bring to a boil. Reduce heat; simmer, uncovered, for 15 minutes.
- Remove from the heat. Cover and refrigerate until chilled.
- Strain syrup; discard aniseed.
- Place fruit in a large bowl; add syrup and toss to coat. Cover and refrigerate until serving.
- Serve with a slotted spoon.

Nutrition Facts



Properties

Glycemic Index:4.69, Glycemic Load:10.92, Inflammation Score:-4, Nutrition Score:3.3408695730664%

Flavonoids

Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 164.62kcal (8.23%), Fat: 0.35g (0.54%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 42.17g (14.06%), Net Carbohydrates: 39.21g (14.26%), Sugar: 35.66g (39.62%), Cholesterol: 0mg (0%), Sodium: 83.34mg (3.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.92%), Fiber: 2.96g (11.85%), Vitamin A: 539.31IU (10.79%), Vitamin K: 8.18µg (7.79%), Copper: 0.15mg (7.32%), Vitamin C: 5.16mg (6.25%), Potassium: 172.23mg (4.92%), Iron: 0.84mg (4.66%), Vitamin B3: 0.72mg (3.61%), Manganese: 0.07mg (3.32%), Vitamin B2: 0.05mg (2.84%), Magnesium: 10.63mg (2.66%), Phosphorus: 24.85mg (2.49%), Vitamin B6: 0.03mg (1.73%), Vitamin B1: 0.02mg (1.64%), Calcium: 14.99mg (1.5%), Zinc: 0.21mg (1.37%), Folate: 4.19µg (1.05%)