



WHATSheATE



Aurelia's Breakfast Fruit Salad



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



204 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon cayenne to taste
- ☐ 2 lb firm-ripe mangoes pitted peeled cut into 3/4-inch chunks (2 to 4)
- ☐ 2 cups orange juice fresh
- ☐ 3 lb pineapple cored peeled cut lengthwise into 8 wedges, , and cut crosswise into 1/2-inch-thick slices
- ☐ 0.5 cup queso fresco crumbled (also called cotija)

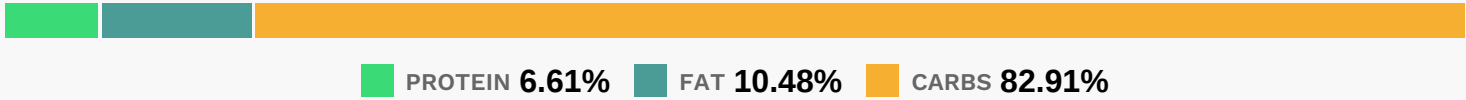
Equipment

- ☐ bowl

Directions

☐ Stir together pineapple, mango, and orange juice in a large bowl. Divide among serving bowls, then sprinkle with cayenne and cheese.

Nutrition Facts



Properties

Glycemic Index:24.3, Glycemic Load:22.83, Inflammation Score:-9, Nutrition Score:17.328260800113%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.95mg, Catechin: 1.95mg, Catechin: 1.95mg, Catechin: 1.95mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 203.98kcal (10.2%), Fat: 2.58g (3.98%), Saturated Fat: 1.12g (7%), Carbohydrates: 46g (15.33%), Net Carbohydrates: 41.67g (15.15%), Sugar: 37.68g (41.87%), Cholesterol: 5.26mg (1.75%), Sodium: 60.74mg (2.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.67g (7.34%), Vitamin C: 153.63mg (186.22%), Manganese: 1.66mg (82.96%), Vitamin A: 1537.09IU (30.74%), Folate: 98.58µg (24.64%), Vitamin B6: 0.36mg (17.88%), Fiber: 4.34g (17.35%), Copper: 0.34mg (17.15%), Vitamin B1: 0.23mg (15.02%), Potassium: 511.01mg (14.6%), Magnesium: 40.5mg (10.12%), Vitamin B3: 1.86mg (9.32%), Calcium: 84.66mg (8.47%), Vitamin B2: 0.13mg (7.64%), Vitamin E: 1.13mg (7.51%), Vitamin B5: 0.73mg (7.31%), Phosphorus: 69.56mg (6.96%), Vitamin K: 6.14µg (5.85%), Iron: 0.82mg (4.55%), Zinc: 0.54mg (3.57%), Selenium: 2.39µg (3.41%), Vitamin B12: 0.13µg (2.13%), Vitamin D: 0.21µg (1.37%)