



Basil-Lime Fruit Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



101 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup basil leaves packed
- 1.5 cups kiwifruit peeled halved lengthwise sliced
- 1 tablespoon lime rind grated
- 2 cups mangos cubed peeled (2 large)
- 4 cups pineapple cubed (1 medium)
- 1 pound strawberries quartered
- 0.5 cup sugar
- 0.5 cup water

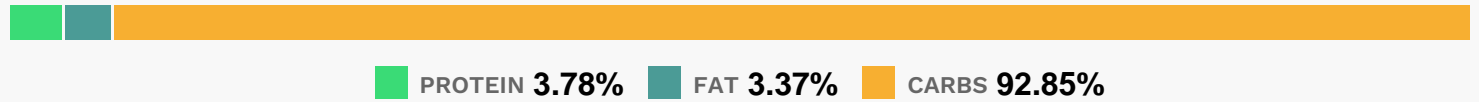
Equipment

- bowl
- sauce pan
- sieve

Directions

- Combine sugar and 1/2 cup water in a saucepan; bring to a boil. Cook 1 minute or until sugar dissolves.
- Remove from heat; stir in basil and rind. Cool. Strain sugar mixture through a fine mesh sieve into a bowl; discard solids.
- Combine pineapple and remaining ingredients in a large bowl.
- Drizzle with sugar mixture; toss gently.

Nutrition Facts



Properties

Glycemic Index:31.26, Glycemic Load:13.66, Inflammation Score:-6, Nutrition Score:9.6073914792227%

Flavonoids

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Nutrients (% of daily need)

Calories: 101.39kcal (5.07%), Fat: 0.42g (0.64%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 25.71g (8.57%), Net Carbohydrates: 23.05g (8.38%), Sugar: 21.35g (23.72%), Cholesterol: 0mg (0%), Sodium: 2.94mg (0.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.05g (2.09%), Vitamin C: 75.38mg (91.37%), Manganese: 0.71mg (35.33%), Vitamin K: 15.44µg (14.71%), Fiber: 2.66g (10.64%), Folate: 37.27µg (9.32%), Vitamin A: 406.23IU (8.12%), Copper: 0.15mg (7.26%), Vitamin B6: 0.13mg (6.37%), Potassium: 211.42mg (6.04%), Magnesium: 18.57mg (4.64%), Vitamin B1: 0.07mg (4.45%), Vitamin E: 0.66mg (4.43%), Vitamin B3: 0.7mg (3.48%), Calcium: 26.28mg (2.63%), Vitamin B5: 0.26mg (2.62%), Vitamin B2: 0.04mg (2.61%), Phosphorus: 25.49mg (2.55%), Iron: 0.45mg (2.5%), Zinc: 0.19mg (1.23%)