



Cantaloupe-Pineapple-Ginger Fruit Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



16 min.

SERVINGS



6

CALORIES



62 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 cups cantaloupe coarsely chopped
- 0.5 cup cranberries dried
- 1 teaspoon ginger fresh grated peeled
- 0.3 cup mint leaves fresh chopped
- 1 jalapeno seeded finely chopped
- 2 tablespoons juice of lemon fresh
- 1 cup pineapple fresh chopped

Equipment

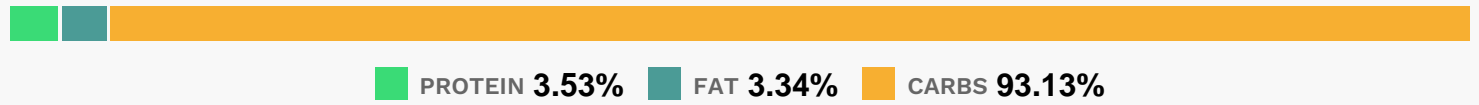
bowl

Directions

Combine all ingredients in a medium bowl, tossing gently.

Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:28.86, Glycemic Load:3.91, Inflammation Score:-7, Nutrition Score:5.1008695726809%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 0.82mg, Eriodictyol: 0.82mg, Eriodictyol: 0.82mg, Eriodictyol: 0.82mg Hesperetin: 0.91mg, Hesperetin: 0.91mg, Hesperetin: 0.91mg, Hesperetin: 0.91mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 61.82kcal (3.09%), Fat: 0.26g (0.39%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 16.07g (5.36%), Net Carbohydrates: 14.59g (5.3%), Sugar: 13.42g (14.91%), Cholesterol: 0mg (0%), Sodium: 13.52mg (0.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.61g (1.22%), Vitamin A: 1473.85IU (29.48%), Vitamin C: 22.84mg (27.69%), Manganese: 0.32mg (16.19%), Fiber: 1.48g (5.91%), Copper: 0.08mg (3.97%), Folate: 14.35µg (3.59%), Potassium: 120.71mg (3.45%), Vitamin B6: 0.07mg (3.28%), Vitamin B1: 0.05mg (3.09%), Magnesium: 11.2mg (2.8%), Vitamin B3: 0.54mg (2.7%), Vitamin K: 2.47µg (2.35%), Vitamin E: 0.33mg (2.2%), Iron: 0.38mg (2.1%), Vitamin B2: 0.03mg (1.76%), Zinc: 0.25mg (1.65%), Vitamin B5: 0.14mg (1.43%), Calcium: 13.27mg (1.33%), Phosphorus: 12.3mg (1.23%), Selenium: 0.78µg (1.12%)