



Chile-Spiced Fruit Salad with Queso Fresco



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



113 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup blueberries fresh
- ☐ 1 large jalapeno sliced in half lengthwise
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 large peaches peeled sliced
- ☐ 7.5 teaspoons queso fresco crumbled
- ☐ 0.3 cup sugar
- ☐ 0.3 cup water
- ☐ 2 cups watermelon seedless cubed

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Combine sugar and 1/4 cup water in a medium heavy saucepan; bring to a boil. Cook 15 seconds or until sugar dissolves.
- ☐ Remove from heat; add jalapeo to sugar mixture. Cover and let stand 1 hour or until cooled to room temperature. Strain sugar mixture through a fine mesh sieve over a bowl; discard solids.
- ☐ Combine watermelon, blueberries, and peach in a large bowl. Stir in sugar mixture and juice, tossing gently to coat.
- ☐ Sprinkle each serving with cheese.

Nutrition Facts



Properties

Glycemic Index:51.4, Glycemic Load:12.9, Inflammation Score:-5, Nutrition Score:4.5226086844569%

Flavonoids

Cyanidin: 3.18mg, Cyanidin: 3.18mg, Cyanidin: 3.18mg, Cyanidin: 3.18mg Petunidin: 9.33mg, Petunidin: 9.33mg, Petunidin: 9.33mg, Petunidin: 9.33mg Delphinidin: 10.49mg, Delphinidin: 10.49mg, Delphinidin: 10.49mg, Delphinidin: 10.49mg Malvidin: 20.01mg, Malvidin: 20.01mg, Malvidin: 20.01mg, Malvidin: 20.01mg Peonidin: 6.01mg, Peonidin: 6.01mg, Peonidin: 6.01mg, Peonidin: 6.01mg Catechin: 3.29mg, Catechin: 3.29mg, Catechin: 3.29mg, Catechin: 3.29mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg

Quercetin: 2.67mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 112.73kcal (5.64%), Fat: 2.09g (3.21%), Saturated Fat: 0.98g (6.13%), Carbohydrates: 23.28g (7.76%), Net Carbohydrates: 21.7g (7.89%), Sugar: 20.02g (22.25%), Cholesterol: 5.1mg (1.7%), Sodium: 61.87mg (2.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.3g (4.59%), Vitamin C: 14.35mg (17.4%), Vitamin A: 568.81IU (11.38%), Manganese: 0.15mg (7.46%), Vitamin K: 7.45µg (7.1%), Fiber: 1.58g (6.32%), Calcium: 50.91mg (5.09%), Phosphorus: 47.97mg (4.8%), Potassium: 157.29mg (4.49%), Vitamin E: 0.6mg (3.97%), Copper: 0.08mg (3.88%), Selenium: 2.51µg (3.59%), Vitamin B6: 0.07mg (3.56%), Magnesium: 13.45mg (3.36%), Vitamin B2: 0.05mg (3.14%), Vitamin B1: 0.05mg (3.01%), Vitamin B3: 0.56mg (2.8%), Vitamin B5: 0.27mg (2.67%), Zinc: 0.39mg (2.6%), Iron: 0.38mg (2.11%), Vitamin B12: 0.12µg (2.07%), Folate: 7.57µg (1.89%), Vitamin D: 0.2µg (1.33%)