



Composed Fruit Salad with Ginger-Lime Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



303 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10 slices ginger fresh unpeeled (each the size of a quarter)
- ☐ 3 quarts fruit sliced chopped
- ☐ 1 slices lime
- ☐ 5 slices lime thick ()
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 cup sugar
- ☐ 1.5 cups water

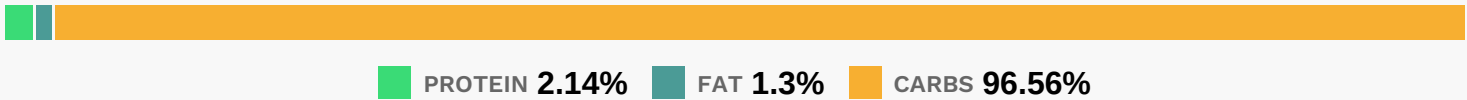
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a 1- to 1 1/2-quart pan, combine 1 1/2 cups water, 1 cup sugar, 10 slices unpeeled fresh ginger (each about the size of a quarter), and 5 slices (1/4-in. thick) lime. Simmer until liquid is infused with ginger flavor, about 7 minutes.
- ☐ Remove from heat. Stir in 2 tablespoons fresh lime juice; strain and cool. On a platter, arrange 3 quarts sliced or chopped fruit. Choose from mangoes, yellow watermelon, cantaloupe, honeydew melon, nectarines, golden raspberries, yellow and green kiwi fruit, green grapes, and golden plums.
- ☐ Pour syrup into a bowl or glass; garnish with 3 lime slices.
- ☐ Serve with fruit.

Nutrition Facts



Properties

Glycemic Index:18.64, Glycemic Load:17.64, Inflammation Score:-6, Nutrition Score:6.3456521384094%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 2.59mg, Hesperetin: 2.59mg, Hesperetin: 2.59mg, Hesperetin: 2.59mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 303.05kcal (15.15%), Fat: 0.47g (0.72%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 78.2g (26.07%), Net Carbohydrates: 72.31g (26.3%), Sugar: 65.07g (72.3%), Cholesterol: 0mg (0%), Sodium: 20.72mg (0.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.46%), Fiber: 5.89g (23.56%), Vitamin A: 1076.24IU (21.52%), Vitamin K: 16.38µg (15.6%), Copper: 0.29mg (14.25%), Vitamin C: 10.59mg (12.83%), Potassium: 336.46mg (9.61%), Vitamin B3: 1.43mg (7.13%), Iron: 1.16mg (6.46%), Vitamin B2: 0.09mg (5.43%), Manganese: 0.1mg (5.18%), Magnesium: 19.88mg (4.97%), Phosphorus: 44.91mg (4.49%), Vitamin B6: 0.06mg (3.22%), Vitamin B1: 0.05mg (3.05%), Zinc: 0.34mg (2.29%), Calcium: 21.98mg (2.2%), Folate: 8.17µg (2.04%), Vitamin B5: 0.17mg (1.67%)