



Exotic Fruit Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



272 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



3 bananas sliced



0.3 cup juice of lime (from 3 limes)



20 oz lychees in syrup halved drained canned



2 mangoes diced firm pitted ripe peeled



2 large oranges cut into sections



2 cups pineapple chunks fresh canned drained



1 cup sugar

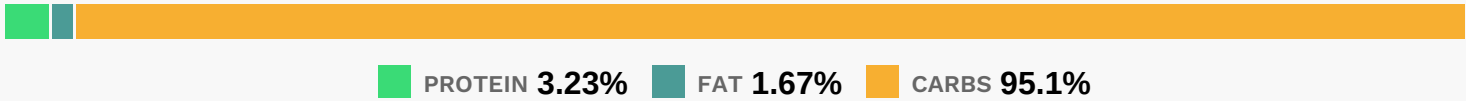
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine sugar and lime juice in a pan. Stir in 1/2 cup cold water and bring to a boil over high heat, stirring until sugar dissolves and mixture thickens slightly.
- ☐ Remove from heat and let cool, 10 minutes.
- ☐ In a large bowl, combine mangoes, pineapple, lychees and orange sections.
- ☐ Pour lime syrup over fruit and gently stir. Chill for at least 1 hour. Just before serving, fold in bananas.

Nutrition Facts



Properties

Glycemic Index:27.39, Glycemic Load:27.78, Inflammation Score:-7, Nutrition Score:11.373043469761%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 3.59mg, Catechin: 3.59mg, Catechin: 3.59mg, Catechin: 3.59mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 13.21mg, Hesperetin: 13.21mg, Hesperetin: 13.21mg, Hesperetin: 13.21mg Naringenin: 7.08mg, Naringenin: 7.08mg, Naringenin: 7.08mg, Naringenin: 7.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 272.46kcal (13.62%), Fat: 0.55g (0.84%), Saturated Fat: 0.11g (0.68%), Carbohydrates: 70.07g (23.36%), Net Carbohydrates: 65.48g (23.81%), Sugar: 60.93g (67.7%), Cholesterol: 0mg (0%), Sodium: 2.66mg (0.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.38g (4.76%), Vitamin C: 105.66mg (128.08%), Fiber: 4.59g (18.36%), Potassium: 532.5mg (15.21%), Vitamin B6: 0.3mg (14.94%), Vitamin A: 725.11IU (14.5%), Copper: 0.28mg (14.23%), Folate: 51.1µg (12.77%), Manganese: 0.2mg (10.25%), Magnesium: 38.29mg (9.57%), Vitamin B1: 0.14mg (9.22%), Vitamin B2: 0.13mg (7.93%), Vitamin B3: 1.38mg (6.88%), Phosphorus: 50.59mg (5.06%), Vitamin E:

0.62mg (4.14%), Calcium: 40.62mg (4.06%), Vitamin B5: 0.37mg (3.74%), Iron: 0.65mg (3.6%), Selenium: 2.09µg (2.98%), Vitamin K: 2.85µg (2.72%), Zinc: 0.21mg (1.42%)