



Fabulous Tropical Fruit Salad

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



10

CALORIES



161 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

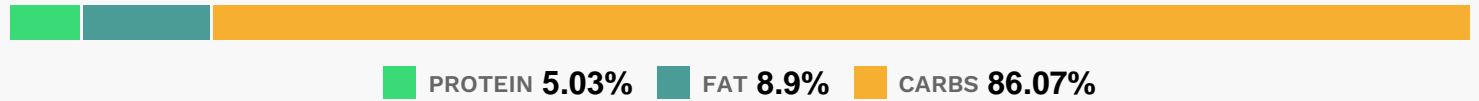
- 0.5 cup knudsen cream light sour
- 2 Tbsp honey
- 4 kiwis peeled sliced
- 2 mangos cubed peeled
- 3 navel oranges peeled sliced cut in half
- 1 tsp orange zest
- 1 pineapple cut into bite-size chunks
- 2 cups grapes red seedless

Equipment

Directions

- Combine fruit; place on platter.
- Mix remaining ingredients.
- Drizzle over fruit just before serving.

Nutrition Facts



Properties

Glycemic Index:26.14, Glycemic Load:15.39, Inflammation Score:-7, Nutrition Score:13.427826133759%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg 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: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Hesperetin: 9.19mg, Hesperetin: 9.19mg, Hesperetin: 9.19mg, Hesperetin: 9.19mg Naringenin: 2.98mg, Naringenin: 2.98mg, Naringenin: 2.98mg, Naringenin: 2.98mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 161.22kcal (8.06%), Fat: 1.76g (2.7%), Saturated Fat: 0.84g (5.25%), Carbohydrates: 38.22g (12.74%), Net Carbohydrates: 33.97g (12.35%), Sugar: 29.58g (32.87%), Cholesterol: 4.03mg (1.34%), Sodium: 13.88mg (0.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.23g (4.46%), Vitamin C: 111.7mg (135.4%), Manganese: 0.94mg (46.88%), Vitamin K: 21.51µg (20.48%), Fiber: 4.25g (16.99%), Folate: 59.85µg (14.96%), Vitamin A: 694.34IU (13.89%), Copper: 0.25mg (12.63%), Vitamin B6: 0.24mg (11.78%), Potassium: 394.66mg (11.28%), Vitamin B1: 0.15mg (9.81%), Magnesium: 28.84mg (7.21%), Vitamin E: 1.02mg (6.8%), Calcium: 66.93mg (6.69%), Vitamin B2: 0.11mg (6.58%), Vitamin B3: 1.11mg (5.57%), Phosphorus: 49.49mg (4.95%), Vitamin B5: 0.47mg (4.69%), Iron: 0.61mg (3.37%), Zinc: 0.32mg (2.13%), Selenium: 0.83µg (1.19%)