



Fancy Fruit Platter



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



172 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon cayenne
- ☐ 1 coconut or
- ☐ 1 tablespoon kosher salt
- ☐ 2 limes quartered
- ☐ 1 mangos pitted peeled cut into large chunks
- ☐ 1 papaya peeled seeded cut into large chunks
- ☐ 0.5 pineapple cored peeled cut into large chunks

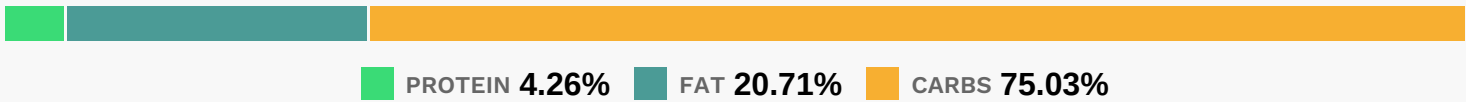
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ colander

Directions

- ☐ Preheat oven to 32
- ☐ Use an ice pick or screwdriver and a hammer to pierce the eyes of the coconut. Set coconut, eyes down, in a colander set into a bowl to drain (the coconut's milk is great to sip).
- ☐ Place coconut in oven on a baking sheet and bake until cracked around center, about 25 minutes.
- ☐ Let coconut cool slightly; then, using the claw side of the hammer, tap the coconut all over to break into chunks. Pull off and discard shell, and then pare brown skin from coconut flesh.
- ☐ Cut flesh into large chunks.
- ☐ Arrange coconut, mango, papaya, pineapple, and limes on a large platter.
- ☐ Combine salt and cayenne in a small bowl and serve alongside fruit for dipping.

Nutrition Facts



Properties

Glycemic Index:60.79, Glycemic Load:16.36, Inflammation Score:-9, Nutrition Score:15.177825927734%

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: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 171.76kcal (8.59%), Fat: 4.45g (6.85%), Saturated Fat: 3.48g (21.78%), Carbohydrates: 36.3g (12.1%), Net Carbohydrates: 30.51g (11.09%), Sugar: 25.49g (28.33%), Cholesterol: 0mg (0%), Sodium: 1754.91mg (76.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.12%), Vitamin C: 129.7mg (157.21%), Manganese: 1.3mg (64.88%), Vitamin A: 1572.35IU (31.45%), Fiber: 5.79g (23.16%), Folate: 76.87µg (19.22%), Copper: 0.29mg (14.5%), Vitamin B6: 0.25mg (12.49%), Potassium: 433.22mg (12.38%), Magnesium: 41.13mg (10.28%), Vitamin B1: 0.14mg (9.36%), Vitamin B3: 1.35mg (6.77%), Vitamin E: 0.97mg (6.44%), Iron: 1.13mg (6.27%), Vitamin B5: 0.59mg (5.95%), Vitamin K: 5.57µg (5.3%), Vitamin B2: 0.09mg (5.29%), Calcium: 50.05mg (5%), Phosphorus: 44.1mg (4.41%), Selenium: 2.2µg (3.14%), Zinc: 0.42mg (2.8%)