



Francie's Fruit Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



177 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



2 banana sliced



1 tablespoon candied ginger finely chopped



3 kiwi fruit peeled halved lengthwise



3 cranberry-orange relish



1.5 cups pineapple fresh cut into small wedges

Equipment



bowl



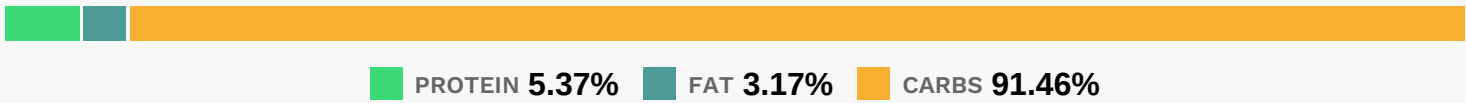
sauce pan

☐ blender

Directions

- ☐ In a small saucepan, cover ginger with 1/4 cup water and simmer until soft, about 2 minutes. Pure in a blender.
- ☐ Cut peel and white pith from oranges. Working over a serving bowl, cut between the inner membranes to release segments into bowl. Slice kiwi halves into half-moons and add to bowl along with pineapple and bananas.
- ☐ Pour in ginger syrup and stir gently to blend.

Nutrition Facts



Properties

Glycemic Index:52.15, Glycemic Load:18.65, Inflammation Score:-7, Nutrition Score:14.740869568742%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Hesperetin: 26.77mg, Hesperetin: 26.77mg, Hesperetin: 26.77mg Naringenin: 15.05mg, Naringenin: 15.05mg, Naringenin: 15.05mg, Naringenin: 15.05mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 177.24kcal (8.86%), Fat: 0.69g (1.06%), Saturated Fat: 0.11g (0.66%), Carbohydrates: 44.68g (14.89%), Net Carbohydrates: 37.87g (13.77%), Sugar: 30.51g (33.9%), Cholesterol: 0mg (0%), Sodium: 5mg (0.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.62g (5.25%), Vitamin C: 137.96mg (167.23%), Manganese: 0.82mg (41.22%), Fiber: 6.81g (27.22%), Vitamin K: 28.23µg (26.89%), Vitamin B6: 0.39mg (19.32%), Folate: 70.16µg (17.54%), Potassium: 591.63mg (16.9%), Copper: 0.25mg (12.49%), Vitamin B1: 0.17mg (11.41%), Magnesium: 44.1mg (11.02%), Vitamin E: 1.14mg (7.57%), Calcium: 74.18mg (7.42%), Vitamin A: 354.09IU (7.08%), Vitamin B2: 0.12mg (7.01%), Vitamin B5: 0.7mg (6.99%), Vitamin B3: 1.23mg (6.16%), Phosphorus: 54.89mg (5.49%), Iron: 0.59mg (3.3%), Zinc: 0.33mg (2.18%), Selenium: 1.28µg (1.83%)