



Fresh Fruit and Mint Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



141 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 banana
- ☐ 3 sprigs mint leaves fresh
- ☐ 1 tablespoon grand marnier
- ☐ 3 tablespoons honey
- ☐ 2 kiwis
- ☐ 2 navel oranges
- ☐ 1 papaya
- ☐ 1 cup raspberries

☐ 1 cup strawberries

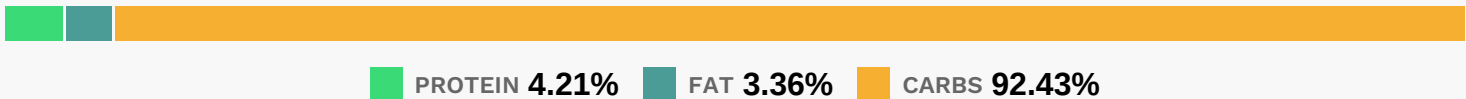
Equipment

☐ bowl

Directions

- ☐ Peel and dice the mango or papaya, and put in a medium bowl. Trim the strawberries' stems and half or quarter, if large.
- ☐ Add to the bowl of fruit. Peel and dice the kiwi, add to bowl. Peel and slice the bananas, add to bowl.
- ☐ Cut the top and bottom off the oranges just deep enough to expose the inner fruit. Following the curve of the fruit cut the skin and pith off the orange in panels. Holding the orange over the bowl cut between the membranes to free the citrus segments.
- ☐ Let them fall into the bowl as they are cut free. By hand, squeeze all the juice from the remaining membrane over the fruit, then discard. Repeat with the other orange.
- ☐ Lightly stir the honey and Grand Marnier, if using, into the fruit. Strip the mint leaves off the stem, tear, or chop into smaller pieces, and stir into the fruit salad.
- ☐ Add the berries and set aside for 10 minutes or up to 2 hours.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:49.74, Glycemic Load:12.89, Inflammation Score:-7, Nutrition Score:10.864782654721%

Flavonoids

Cyanidin: 2.49mg, Cyanidin: 2.49mg, Cyanidin: 2.49mg, Cyanidin: 2.49mg Petunidin: 7.8mg, Petunidin: 7.8mg, Petunidin: 7.8mg, Petunidin: 7.8mg Delphinidin: 8.81mg, Delphinidin: 8.81mg, Delphinidin: 8.81mg, Delphinidin: 8.81mg Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg Peonidin: 5.02mg, Peonidin: 5.02mg, Peonidin: 5.02mg, Peonidin: 5.02mg Catechin: 3.25mg, Catechin: 3.25mg, Catechin: 3.25mg, Catechin: 3.25mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg

Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 10.26mg, Hesperetin: 10.26mg, Hesperetin: 10.26mg, Hesperetin: 10.26mg Naringenin: 3.38mg, Naringenin: 3.38mg, Naringenin: 3.38mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 141.46kcal (7.07%), Fat: 0.57g (0.87%), Saturated Fat: 0.09g (0.59%), Carbohydrates: 35.01g (11.67%), Net Carbohydrates: 30.56g (11.11%), Sugar: 26.11g (29.01%), Cholesterol: 0mg (0%), Sodium: 7.49mg (0.33%), Alcohol: 0.65g (100%), Alcohol %: 0.39% (100%), Protein: 1.59g (3.19%), Vitamin C: 99.52mg (120.63%), Vitamin K: 18.93µg (18.03%), Fiber: 4.44g (17.77%), Manganese: 0.31mg (15.34%), Folate: 54.45µg (13.61%), Vitamin A: 673.02IU (13.46%), Potassium: 364.92mg (10.43%), Vitamin B6: 0.17mg (8.7%), Magnesium: 31.22mg (7.81%), Copper: 0.13mg (6.45%), Vitamin E: 0.85mg (5.64%), Calcium: 48.99mg (4.9%), Vitamin B1: 0.07mg (4.87%), Vitamin B2: 0.08mg (4.73%), Vitamin B3: 0.84mg (4.21%), Vitamin B5: 0.41mg (4.09%), Phosphorus: 40.1mg (4.01%), Iron: 0.55mg (3.05%), Zinc: 0.25mg (1.68%), Selenium: 0.77µg (1.11%)