



## Fresh Fruit Compote with Orange-Lime Drizzle



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



91 kcal

SAUCE

### Ingredients

- ☐ 1 cup banana sliced ( 2)
- ☐ 3 tablespoons mint leaves fresh chopped
- ☐ 1 cup kiwifruit cubed peeled ( 4)
- ☐ 2 teaspoons juice of lime
- ☐ 1 cup mangos ripe cubed peeled
- ☐ 2 tablespoons orange juice concentrate undiluted thawed
- ☐ 1 cup papaya cubed peeled
- ☐ 2 cups strawberries sliced

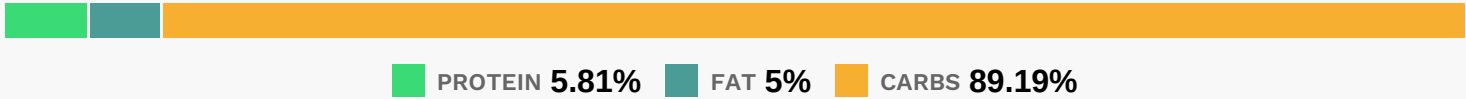
# Equipment

☐ bowl

# Directions

- ☐ Combine the first 5 ingredients in a large bowl, and set aside.
- ☐ Combine the remaining ingredients, and drizzle over the fruit mixture. Toss gently to coat.

# Nutrition Facts



# Properties

Glycemic Index:42.99, Glycemic Load:8.72, Inflammation Score:-7, Nutrition Score:10.456521765045%

# Flavonoids

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# Nutrients (% of daily need)

Calories: 90.71kcal (4.54%), Fat: 0.56g (0.86%), Saturated Fat: 0.1g (0.61%), Carbohydrates: 22.41g (7.47%), Net Carbohydrates: 18.82g (6.84%), Sugar: 15.13g (16.81%), Cholesterol: 0mg (0%), Sodium: 5.5mg (0.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.46g (2.92%), Vitamin C: 85.1mg (103.15%), Manganese: 0.34mg (17.02%), Fiber: 3.59g (14.35%), Vitamin K: 14.86µg (14.15%), Vitamin A: 692.36IU (13.85%), Folate: 51.46µg (12.87%), Potassium: 357.19mg (10.21%), Vitamin B6: 0.19mg (9.53%), Magnesium: 29.22mg (7.3%), Copper: 0.13mg (6.73%),

Vitamin E: 0.9mg (5.99%), Vitamin B3: 0.83mg (4.13%), Vitamin B2: 0.07mg (4.03%), Phosphorus: 38.3mg (3.83%),  
Vitamin B1: 0.06mg (3.75%), Calcium: 35.13mg (3.51%), Vitamin B5: 0.33mg (3.34%), Iron: 0.58mg (3.22%), Zinc:  
0.23mg (1.51%), Selenium: 0.83µg (1.18%)