



Fresh Fruit Platter with Ginger-Mango Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

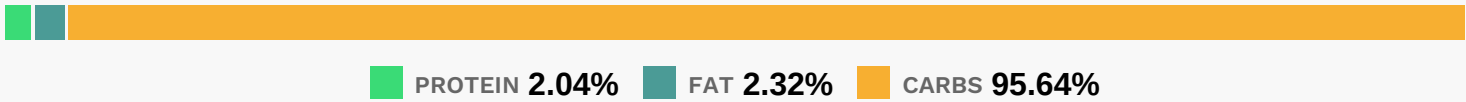
- ☐ 2 teaspoons ginger fresh chopped
- ☐ 1 large mangos peeled seeded quartered
- ☐ 2 tablespoons maple syrup
- ☐ 2 tablespoons sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 2 tablespoons water

Equipment

Directions

- ☐ Oranges
- ☐ Cantaloupe
- ☐ Kiwi
- ☐ Strawberries
- ☐ Bananas
- ☐ Quartered limes
- ☐ Yogurt
- ☐ Granola

Nutrition Facts



Properties

Glycemic Index:28.89, Glycemic Load:6.84, Inflammation Score:-3, Nutrition Score:2.62695650562%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg 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: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Nutrients (% of daily need)

Calories: 56.55kcal (2.83%), Fat: 0.15g (0.23%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 13.85g (4.62%), Net Carbohydrates: 13.29g (4.83%), Sugar: 12.81g (14.23%), Cholesterol: 0mg (0%), Sodium: 1.38mg (0.06%), Alcohol: 0.23g (100%), Alcohol %: 0.56% (100%), Protein: 0.3g (0.59%), Vitamin C: 12.59mg (15.26%), Manganese: 0.18mg (8.91%), Vitamin A: 373.29IU (7.47%), Vitamin B2: 0.1mg (5.85%), Folate: 14.91µg (3.73%), Fiber: 0.57g (2.26%), Potassium: 76.79mg (2.19%), Vitamin B6: 0.04mg (2.11%), Vitamin E: 0.31mg (2.08%), Copper: 0.04mg (2.07%), Vitamin K: 1.45µg (1.38%), Magnesium: 5.27mg (1.32%), Vitamin B3: 0.24mg (1.22%), Calcium: 11.43mg (1.14%)