



## Fresh Fruit Salad with Lime-Ginger Syrup



Vegetarian



Gluten Free



Dairy Free

READY IN



22 min.

SERVINGS



8

CALORIES



74 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 0.5 cup blueberries fresh
- ☐ 0.3 teaspoon ground ginger
- ☐ 2 tablespoons honey
- ☐ 2 kiwifruit cubed peeled
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 teaspoon lime rind grated
- ☐ 0.5 cup mangos ripe cubed peeled ( 2 large)
- ☐ 0.3 cup orange juice fresh

- ☐ 1 teaspoon orange rind   grated
- ☐ 1.5 cups pineapple   fresh cubed (1-inch)
- ☐ 2 tablespoons sugar
- ☐ 0.3 cup water

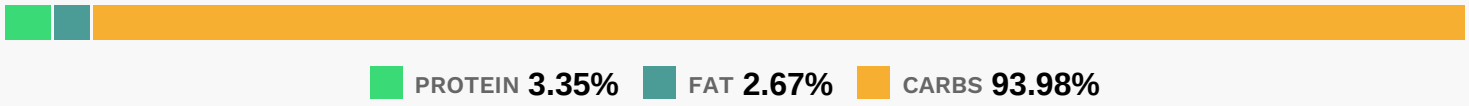
## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

## Directions

- ☐ Combine first 6 ingredients in a small saucepan. Bring to a boil over medium heat; cook 5 minutes or until reduced to 1/2 cup, whisking constantly.
- ☐ Remove from heat; cool. Stir in lime and orange rinds.
- ☐ Combine pineapple and next 3 ingredients in a large bowl.
- ☐ Pour syrup over fruit; toss gently to coat. Cover and chill at least 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:51.18, Glycemic Load:9.37, Inflammation Score:-4, Nutrition Score:5.6739130823509%

## Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg Petunidin: 2.92mg, Petunidin: 2.92mg, Petunidin: 2.92mg, Petunidin: 2.92mg Delphinidin: 3.28mg, Delphinidin: 3.28mg, Delphinidin: 3.28mg, Delphinidin: 3.28mg Malvidin: 6.25mg, Malvidin: 6.25mg, Malvidin: 6.25mg, Malvidin: 6.25mg Peonidin: 1.88mg, Peonidin: 1.88mg, Peonidin: 1.88mg, Peonidin: 1.88mg Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 1.94mg, Hesperetin: 1.94mg, Hesperetin: 1.94mg, Hesperetin: 1.94mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg

0.21mg, Naringenin: 0.21mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 74.17kcal (3.71%), Fat: 0.24g (0.37%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 19.23g (6.41%), Net Carbohydrates: 17.62g (6.41%), Sugar: 15.56g (17.29%), Cholesterol: 0mg (0%), Sodium: 2.68mg (0.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.37%), Vitamin C: 43.77mg (53.06%), Manganese: 0.37mg (18.74%), Vitamin K: 11.67µg (11.12%), Fiber: 1.61g (6.45%), Folate: 20.01µg (5%), Copper: 0.09mg (4.59%), Potassium: 134.91mg (3.85%), Vitamin B6: 0.07mg (3.74%), Vitamin A: 176.05IU (3.52%), Vitamin E: 0.47mg (3.16%), Vitamin B1: 0.05mg (3.12%), Magnesium: 11.01mg (2.75%), Vitamin B3: 0.41mg (2.03%), Vitamin B2: 0.03mg (1.77%), Vitamin B5: 0.17mg (1.72%), Calcium: 17.13mg (1.71%), Phosphorus: 15.91mg (1.59%), Iron: 0.25mg (1.39%)