



Fresh Fruit With Lime Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



10

CALORIES



177 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon cornstarch
- ☐ 1 cup granulated sugar
- ☐ 3 kiwifruit peeled sliced
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 teaspoon lime rind grated
- ☐ 10 servings garnish: mint sprig fresh
- ☐ 2 oranges peeled
- ☐ 1 pineapple cored peeled cut into 1-inch pieces

- ☐ 2 cups grapes red seedless halved
- ☐ 1 cup water

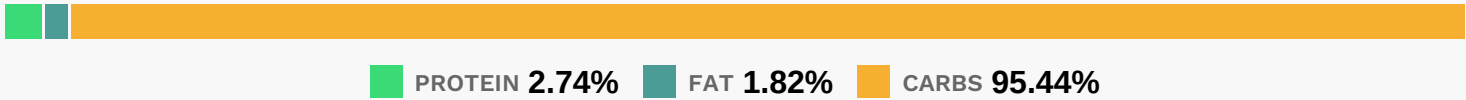
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Whisk together 1 cup water and cornstarch in a small saucepan.
- ☐ Whisk in sugar, rind, and juice. Bring to a boil over low heat, whisking constantly; boil 1 minute. Chill at least 2 hours.
- ☐ Combine pineapple and next 3 ingredients in a large bowl; garnish, if desired, and drizzle with chilled syrup.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:30.19, Glycemic Load:25.2, Inflammation Score:-5, Nutrition Score:10.833478108696%

Flavonoids

Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 7.87mg, Hesperetin: 7.87mg, Hesperetin: 7.87mg, Hesperetin: 7.87mg Naringenin: 4.04mg, Naringenin: 4.04mg, Naringenin: 4.04mg, Naringenin: 4.04mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 176.56kcal (8.83%), Fat: 0.39g (0.6%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 45.56g (15.19%), Net Carbohydrates: 42.46g (15.44%), Sugar: 38.56g (42.85%), Cholesterol: 0mg (0%), Sodium: 4.76mg (0.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.62%), Vitamin C: 80.75mg (97.88%), Manganese: 0.91mg (45.39%), Vitamin K: 16.08µg (15.32%), Fiber: 3.1g (12.41%), Copper: 0.2mg (9.85%), Folate: 33.61µg (8.4%), Vitamin B1: 0.12mg (8.33%), Vitamin B6: 0.16mg (8.17%), Potassium: 271.2mg (7.75%), Magnesium: 21.52mg (5.38%), Vitamin B2: 0.07mg (4.4%), Vitamin A: 200.73IU (4.01%), Calcium: 39.09mg (3.91%), Vitamin B3: 0.71mg (3.55%), Vitamin B5: 0.33mg (3.35%), Vitamin E: 0.49mg (3.28%), Iron: 0.53mg (2.97%), Phosphorus: 27.95mg (2.79%), Zinc: 0.21mg (1.38%)