



Frozen fruit sticks with passion fruit & lime drizzle



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



206 kcal

SIDE DISH

Ingredients

- ☐ 100 g strawberries hulled halved
- ☐ 8 grapes seedless
- ☐ 100 g mangos
- ☐ 100 g textured vegetable protein
- ☐ 2 kiwi fruit peeled cut into chunks
- ☐ 100 g pineapple chunks
- ☐ 2 juice of lime

- ☐ 4 fruit halved
- ☐ 1 tsp powdered sugar

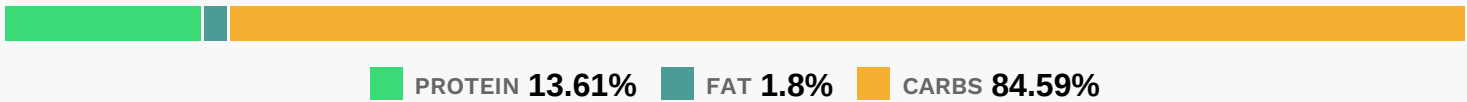
Equipment

- ☐ bowl
- ☐ sieve
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Mix the drizzle ingredients in a small bowl, stirring until the sugar has dissolved. If you want the sauce to be smooth, pass it through a sieve to remove the seeds, or leave them in if you prefer.
- ☐ Skewer the fruits onto wooden skewers and drizzle the sauce on top, reserving a little for dipping. Pop the skewers in the freezer for 45 mins, until just starting to freeze.
- ☐ Serve with the leftover drizzle.

Nutrition Facts



Properties

Glycemic Index:23.8, Glycemic Load:2.86, Inflammation Score:-6, Nutrition Score:8.5769564418689%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 3.11mg, Pelargonidin: 3.11mg, Pelargonidin: 3.11mg, Pelargonidin: 3.11mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg

Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg
Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.01mg, Myricetin:
0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin:
0.19mg

Nutrients (% of daily need)

Calories: 205.86kcal (10.29%), Fat: 0.44g (0.67%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 46.18g (15.39%),
Net Carbohydrates: 39.27g (14.28%), Sugar: 34.13g (37.92%), Cholesterol: 0mg (0%), Sodium: 14.02mg (0.61%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.43g (14.86%), Vitamin C: 37.43mg (45.37%), Fiber: 6.91g
(27.66%), Vitamin K: 21.18µg (20.17%), Vitamin A: 849.34IU (16.99%), Iron: 2.19mg (12.16%), Copper: 0.24mg (12.04%),
Potassium: 319.25mg (9.12%), Manganese: 0.14mg (7.2%), Calcium: 64.89mg (6.49%), Vitamin B3: 1.15mg (5.77%),
Magnesium: 20.59mg (5.15%), Folate: 20.26µg (5.07%), Vitamin B2: 0.07mg (4.38%), Vitamin B6: 0.09mg (4.36%),
Phosphorus: 42.41mg (4.24%), Vitamin B1: 0.06mg (3.85%), Vitamin E: 0.47mg (3.15%), Zinc: 0.29mg (1.9%), Vitamin
B5: 0.19mg (1.86%)