



Fruit Cup with Lime Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



20

CALORIES



84 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

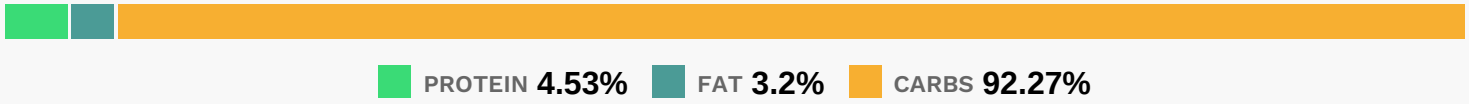
- ☐ 1 pound grapes green seedless halved
- ☐ 6 kiwis peeled cut into 1/2-inch pieces
- ☐ 0.5 cup lime syrup with or without green food coloring)
- ☐ 2 large firm-ripe mangoes pitted peeled cut into 1/2-inch pieces
- ☐ 3.5 pound extra-sweet pineapple cored peeled quartered cut into 1-inch pieces

Equipment

Directions

- ☐
- Toss together all ingredients and chill, covered, at least 1 hour.
- ☐
- Fruit can be cut 1 day ahead and chilled, without syrup, covered. Toss with syrup before serving.

Nutrition Facts



Properties

Glycemic Index:10.45, Glycemic Load:10.26, Inflammation Score:-5, Nutrition Score:9.3030435015326%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg 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 Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 83.59kcal (4.18%), Fat: 0.33g (0.51%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 21.43g (7.14%), Net Carbohydrates: 18.97g (6.9%), Sugar: 16.62g (18.47%), Cholesterol: 0mg (0%), Sodium: 2.82mg (0.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.05g (2.1%), Vitamin C: 66.6mg (80.72%), Manganese: 0.79mg (39.59%), Vitamin K: 15.74µg (14.99%), Fiber: 2.47g (9.86%), Copper: 0.18mg (8.78%), Folate: 30.74µg (7.69%), Vitamin B6: 0.15mg (7.48%), Potassium: 218.67mg (6.25%), Vitamin A: 308.73IU (6.17%), Vitamin B1: 0.09mg (6.1%), Magnesium: 17.55mg (4.39%), Vitamin E: 0.6mg (4%), Vitamin B3: 0.68mg (3.4%), Vitamin B2: 0.06mg (3.29%), Vitamin B5: 0.27mg (2.71%), Calcium: 24.42mg (2.44%), Phosphorus: 23.07mg (2.31%), Iron: 0.41mg (2.28%), Zinc: 0.17mg (1.12%)