



Fruit Salad with Lemon-Mint Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



29 min.

SERVINGS



16

CALORIES



82 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 mint leaves fresh crushed
- ☐ 1 cup grapes green seedless
- ☐ 4 large kiwifruit peeled halved lengthwise sliced
- ☐ 1 large optional: lemon
- ☐ 24 oz mangos in syrup light sliced
- ☐ 16 servings garnish: mint fresh
- ☐ 1 pomegranate seeds removed and reserved
- ☐ 3 cups grapes red seedless

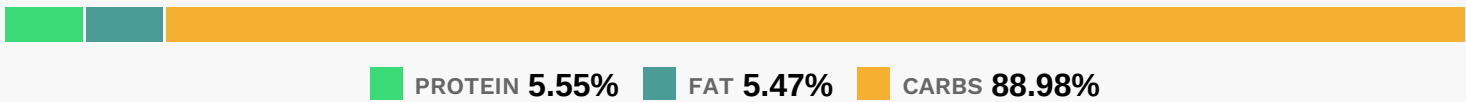
Equipment

- ☐ bowl
- ☐ microwave
- ☐ slotted spoon
- ☐ peeler

Directions

- ☐ Drain mangos, reserving 1 cup syrup. Peel 3 strips of lemon rind with a vegetable peeler; juice lemon to measure 3 Tbsp.
- ☐ Combine reserved syrup, lemon rind, lemon juice, and crushed mint leaves in a small microwave-safe bowl. Cover and microwave at HIGH 2 minutes or until syrup begins to bubble. Cover and cool completely; chill.
- ☐ Cut mango slices into cubes, and place in a large bowl; add kiwifruit, grapes, and pomegranate seeds.
- ☐ Remove lemon rind and mint from syrup with a slotted spoon.
- ☐ Pour syrup over fruit; toss. Cover and chill until ready to serve.
- ☐ Garnish, if desired.
- ☐ Make Ahead: Prepare the syrup up to 1 day ahead, and refrigerate it until ready to assemble the salad.

Nutrition Facts



Properties

Glycemic Index:18.06, Glycemic Load:9.1, Inflammation Score:-6, Nutrition Score:6.7278260459071%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg 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: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.08mg,

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Eriodictyol: 1.85mg, Eriodictyol: 1.85mg, Eriodictyol: 1.85mg, Eriodictyol: 1.85mg Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 82.26kcal (4.11%), Fat: 0.56g (0.86%), Saturated Fat: 0.09g (0.58%), Carbohydrates: 20.52g (6.84%), Net Carbohydrates: 17.82g (6.48%), Sugar: 16.31g (18.12%), Cholesterol: 0mg (0%), Sodium: 3.39mg (0.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.28g (2.56%), Vitamin C: 39.47mg (47.85%), Vitamin K: 19.36µg (18.43%), Vitamin A: 562.06IU (11.24%), Fiber: 2.7g (10.81%), Folate: 33.89µg (8.47%), Copper: 0.16mg (8.01%), Potassium: 246.97mg (7.06%), Vitamin B6: 0.12mg (5.86%), Vitamin E: 0.87mg (5.77%), Manganese: 0.11mg (5.72%), Vitamin B1: 0.06mg (3.98%), Vitamin B2: 0.06mg (3.67%), Magnesium: 14.24mg (3.56%), Phosphorus: 29.62mg (2.96%), Vitamin B3: 0.52mg (2.6%), Iron: 0.42mg (2.33%), Calcium: 23.12mg (2.31%), Vitamin B5: 0.23mg (2.28%), Zinc: 0.18mg (1.18%)