



Fruit Salad with Palm Sugar Syrup



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



164 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon anchovy paste
- ☐ 10 oz firmly brown sugar packed chopped
- ☐ 6 cups bite-size pieces fruit mixed fresh green seedless ripe (pineapple, mango, honeydew, watermelon, star fruit, grapefruit or orange segents, unripe or papaya, apple)
- ☐ 0.3 cup juice of lemon
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoons serrano chilies fresh thinly sliced

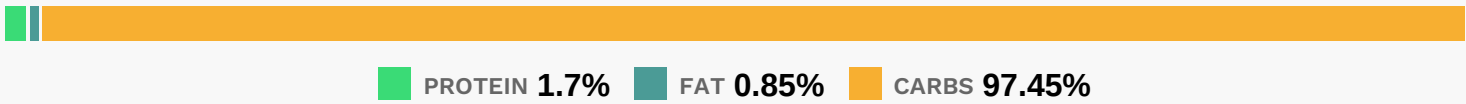
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sieve

Directions

- ☐ In a 1 1/2- to 2-quart pan over medium heat, stir anchovy paste until warm, about 30 seconds.
- ☐ Add 1 cup water, palm sugar, tamarind concentrate, chilies, and salt. Bring to a boil over high heat. Reduce heat to medium and cook, stirring occasionally, until mixture is reduced to 1 cup, about 20 minutes.
- ☐ Pour through a strainer into a bowl; discard residue. Cover and chill syrup until cool, about 30 minutes.
- ☐ Up to 30 minutes before serving, mix syrup with fruit.

Nutrition Facts



Properties

Glycemic Index:5.42, Glycemic Load:0.93, Inflammation Score:-3, Nutrition Score:2.6199999842793%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 164.21kcal (8.21%), Fat: 0.16g (0.25%), Saturated Fat: 0.02g (0.16%), Carbohydrates: 42.18g (14.06%), Net Carbohydrates: 40.11g (14.59%), Sugar: 37.26g (41.4%), Cholesterol: 0.21mg (0.07%), Sodium: 70.99mg (3.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.47%), Fiber: 2.07g (8.28%), Vitamin A: 370.27IU (7.41%), Vitamin K: 5.7µg (5.43%), Copper: 0.1mg (5.23%), Potassium: 157.71mg (4.51%), Vitamin C: 3.25mg (3.94%), Iron: 0.63mg (3.49%), Vitamin B3: 0.61mg (3.04%), Calcium: 28.13mg (2.81%), Magnesium: 10.8mg (2.7%), Manganese: 0.05mg (2.49%), Vitamin B2: 0.03mg (2.01%), Phosphorus: 19.11mg (1.91%), Vitamin B6: 0.04mg (1.85%), Vitamin B1: 0.03mg (1.72%)