



Fruit Topping



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



432 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 ounce apricot preserves
- ☐ 2 kiwi fruit
- ☐ 1 mangos
- ☐ 1 small papaya
- ☐ 1 cup dole pineapple tidbits
- ☐ 1 tablespoon rum

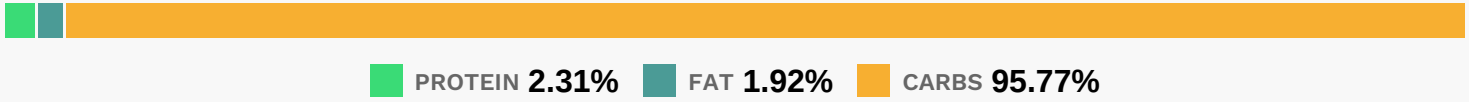
Equipment

- ☐ bowl

Directions

- ☐ Peel and cut papaya, mango, and kiwifruit into small chunks.
- ☐ Stir together apricot preserves and 1 tablespoon rum in a large bowl; add papaya, mango, kiwifruit, and pineapple, tossing to coat. Cover and chill 1 hour.
- ☐ Drain before spooning on top of cheesecake.

Nutrition Facts



Properties

Glycemic Index:59.39, Glycemic Load:11.01, Inflammation Score:-9, Nutrition Score:13.970869478972%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg 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: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 431.66kcal (21.58%), Fat: 0.97g (1.5%), Saturated Fat: 0.14g (0.87%), Carbohydrates: 109.61g (36.54%), Net Carbohydrates: 104.46g (37.99%), Sugar: 79.33g (88.14%), Cholesterol: 0mg (0%), Sodium: 53.97mg (2.35%), Alcohol: 1.67g (100%), Alcohol %: 0.56% (100%), Protein: 2.64g (5.29%), Vitamin C: 118.68mg (143.86%), Vitamin A: 1552.59IU (31.05%), Vitamin K: 29.22µg (27.82%), Fiber: 5.15g (20.6%), Copper: 0.38mg (18.98%), Folate: 69.27µg (17.32%), Potassium: 513.46mg (14.67%), Vitamin E: 1.72mg (11.5%), Vitamin B6: 0.22mg (11.01%), Magnesium: 43.61mg (10.9%), Vitamin B1: 0.13mg (8.54%), Manganese: 0.17mg (8.47%), Calcium: 74.25mg (7.43%), Iron: 1.16mg (6.45%), Vitamin B2: 0.1mg (5.69%), Vitamin B3: 1.13mg (5.66%), Selenium: 3.42µg (4.89%), Phosphorus: 44.48mg (4.45%), Vitamin B5: 0.37mg (3.66%), Zinc: 0.34mg (2.24%)