



Ginger Grilled Fruit



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



214 kcal

SIDE DISH

Ingredients

- ☐ 2 apricots
- ☐ 0.3 cup canola oil
- ☐ 12 cherries
- ☐ 0.5 cup coconut or toasted
- ☐ 1 tablespoon ginger fresh grated
- ☐ 1 grapefruit
- ☐ 1 apple green
- ☐ 2 optional: lemon halved

- ☐ 1 navel oranges
- ☐ 2 peaches
- ☐ 1 pineapple cored peeled
- ☐ 2 plums
- ☐ 0.5 teaspoon sea salt

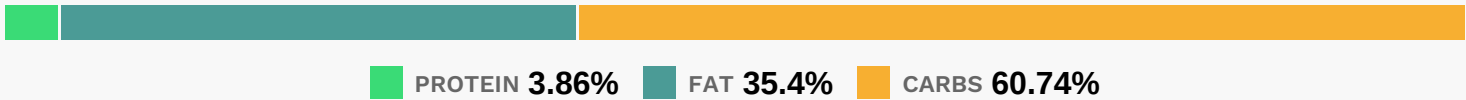
Equipment

- ☐ frying pan
- ☐ grill
- ☐ grill pan

Directions

- ☐ Slice pineapple, grapefruit, orange, and apple 1/2-inch thick; halve remaining fruit. In large pan combine oil, ginger, salt, and juice of 1 lemon; toss with fruit and second lemon.
- ☐ Heat grill pan or outdoor grill. (Coat grill pan with spray.) In batches, grill fruit over medium-high heat until tender (2-4 minutes per side).
- ☐ Transfer to platter.
- ☐ Squeeze grilled lemon over fruit.
- ☐ Sprinkle with coconut.

Nutrition Facts



Properties

Glycemic Index:38.59, Glycemic Load:12.46, Inflammation Score:-8, Nutrition Score:13.805652203767%

Flavonoids

Cyanidin: 5.63mg, Cyanidin: 5.63mg, Cyanidin: 5.63mg, Cyanidin: 5.63mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg Catechin: 3.46mg, Catechin: 3.46mg, Catechin: 3.46mg, Catechin: 3.46mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 4.13mg, Epicatechin: 4.13mg, Epicatechin: 4.13mg, Epicatechin: 4.13mg Epicatechin 3-gallate: 0.13mg, Epicatechin 3-

gallate: 0.13mg, Epicatechin 3–gallate: 0.13mg, Epicatechin 3–gallate: 0.13mg Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg
Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 11.47mg, Hesperetin: 11.47mg, Hesperetin: 11.47mg Naringenin: 11.84mg, Naringenin: 11.84mg, Naringenin: 11.84mg, Naringenin: 11.84mg Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 213.62kcal (10.68%), Fat: 9.21g (14.17%), Saturated Fat: 2.06g (12.85%), Carbohydrates: 35.57g (11.86%), Net Carbohydrates: 30.1g (10.94%), Sugar: 25.33g (28.14%), Cholesterol: 0mg (0%), Sodium: 153.49mg (6.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.52%), Vitamin C: 94.79mg (114.89%), Manganese: 1.2mg (60.04%), Fiber: 5.47g (21.88%), Vitamin A: 850.44IU (17.01%), Vitamin E: 1.81mg (12.09%), Copper: 0.23mg (11.71%), Potassium: 399.58mg (11.42%), Vitamin B6: 0.22mg (10.86%), Vitamin B1: 0.15mg (10.18%), Folate: 39.86µg (9.97%), Vitamin K: 9.02µg (8.59%), Magnesium: 30.01mg (7.5%), Vitamin B3: 1.23mg (6.14%), Vitamin B5: 0.58mg (5.77%), Vitamin B2: 0.09mg (5.35%), Iron: 0.93mg (5.15%), Phosphorus: 47.03mg (4.7%), Calcium: 43.77mg (4.38%), Zinc: 0.38mg (2.56%), Selenium: 1.56µg (2.23%)