



Grapefruit-Pineapple Medley



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



119 kcal

SIDE DISH

Ingredients



3 tablespoons cilantro leaves fresh chopped



2 cups bottled grapefruit sections



2 cups pineapple chunks fresh

Equipment

Directions



Combine all ingredients.

Nutrition Facts

PROTEIN 4.55% FAT 2% CARBS 93.45%

Properties

Glycemic Index:14.25, Glycemic Load:2.62, Inflammation Score:-8, Nutrition Score:7.4904348409694%

Flavonoids

Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg Naringenin: 37.54mg, Naringenin: 37.54mg, Naringenin: 37.54mg, Naringenin: 37.54mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 119.35kcal (5.97%), Fat: 0.29g (0.45%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 30.72g (10.24%), Net Carbohydrates: 27.34g (9.94%), Sugar: 24.79g (27.55%), Cholesterol: 0mg (0%), Sodium: 1.32mg (0.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.5g (2.99%), Vitamin C: 47.08mg (57.07%), Vitamin A: 1401.89IU (28.04%), Fiber: 3.39g (13.54%), Vitamin B1: 0.17mg (11.35%), Potassium: 303.5mg (8.67%), Copper: 0.16mg (8.2%), Vitamin B6: 0.15mg (7.51%), Magnesium: 28.17mg (7.04%), Folate: 21.05µg (5.26%), Calcium: 44.43mg (4.44%), Vitamin B2: 0.06mg (3.59%), Vitamin B5: 0.3mg (3.03%), Phosphorus: 29.12mg (2.91%), Vitamin B3: 0.57mg (2.87%), Iron: 0.43mg (2.38%), Vitamin K: 1.76µg (1.67%), Zinc: 0.2mg (1.34%), Manganese: 0.03mg (1.33%), Vitamin E: 0.18mg (1.2%)