



Honey Lime Fruit Toss

 Vegetarian  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



7

CALORIES



105 kcal

SIDE DISH

Ingredients

- 1 dole banana sliced
- 1 tablespoon honey
- 1 dole kiwi fruit peeled halved sliced
- 2 tablespoons juice of lime fresh
- 11 ounce dole mandarin oranges drained canned
- 20 ounce dole® pineapple chunks canned

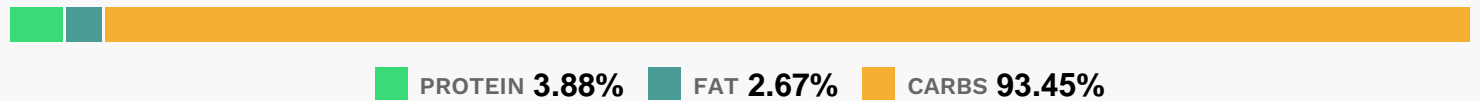
Equipment

- bowl

Directions

- Drain pineapple; reserve 1/4 cup juice.
- Combine pineapple chunks, mandarin oranges, banana, kiwi fruit and strawberries in large serving bowl.
- Stir together reserved pineapple juice, lime peel, lime juice and honey in small bowl.
- Pour over salad; toss to coat.

Nutrition Facts



Properties

Glycemic Index:28.82, Glycemic Load:6.06, Inflammation Score:-5, Nutrition Score:5.5513043844182%

Flavonoids

Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 3.92mg, Hesperetin: 3.92mg, Hesperetin: 3.92mg, Hesperetin: 3.92mg Naringenin: 4.48mg, Naringenin: 4.48mg, Naringenin: 4.48mg, Naringenin: 4.48mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 104.94kcal (5.25%), Fat: 0.34g (0.53%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 27.02g (9.01%), Net Carbohydrates: 24.32g (8.84%), Sugar: 22.03g (24.48%), Cholesterol: 0mg (0%), Sodium: 2.73mg (0.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.24%), Vitamin C: 31.99mg (38.77%), Fiber: 2.71g (10.83%), Vitamin B6: 0.17mg (8.38%), Vitamin B1: 0.12mg (7.88%), Potassium: 267.05mg (7.63%), Vitamin A: 368.12IU (7.36%), Copper: 0.14mg (6.91%), Magnesium: 24.53mg (6.13%), Vitamin K: 5.92µg (5.63%), Folate: 18.42µg (4.6%), Manganese: 0.08mg (3.94%), Calcium: 35.62mg (3.56%), Vitamin B2: 0.05mg (2.96%), Vitamin B3: 0.57mg (2.84%), Phosphorus: 23.43mg (2.34%), Iron: 0.39mg (2.14%), Vitamin E: 0.3mg (2%), Vitamin B5: 0.18mg (1.84%), Zinc: 0.17mg (1.1%)