



Honey Lime Fruit Toss



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



7

CALORIES



112 kcal

SIDE DISH

Ingredients

- ☐ 1 dole banana sliced
- ☐ 1 tablespoon honey
- ☐ 1 dole kiwi fruit peeled halved sliced
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.3 teaspoon lime zest grated
- ☐ 11 ounce dole mandarin oranges drained canned
- ☐ 20 ounce dole® pineapple chunks canned
- ☐ 1 cup dole fresh frozen quartered

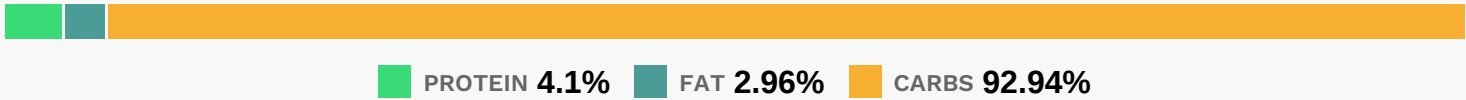
Equipment

☐ 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:39.1, Glycemic Load:6.53, Inflammation Score:-5, Nutrition Score:6.763043401034%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 5.11mg, Pelargonidin: 5.11mg, Pelargonidin: 5.11mg, Pelargonidin: 5.11mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.67mg, Catechin: 1.67mg, Catechin: 1.67mg, Catechin: 1.67mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 3.95mg, Hesperetin: 3.95mg, Hesperetin: 3.95mg, Hesperetin: 3.95mg Naringenin: 4.54mg, Naringenin: 4.54mg, Naringenin: 4.54mg, Naringenin: 4.54mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 111.55kcal (5.58%), Fat: 0.4g (0.62%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 28.61g (9.54%), Net Carbohydrates: 25.49g (9.27%), Sugar: 23.04g (25.6%), Cholesterol: 0mg (0%), Sodium: 2.93mg (0.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.26g (2.52%), Vitamin C: 44.1mg (53.46%), Fiber: 3.12g (12.48%), Vitamin B6: 0.18mg (8.87%), Potassium: 298.6mg (8.53%), Vitamin B1: 0.12mg (8.21%), Manganese: 0.16mg (7.91%), Vitamin A: 370.63IU (7.41%), Copper: 0.15mg (7.41%), Magnesium: 27.21mg (6.8%), Vitamin K: 6.37µg (6.07%), Folate: 23.36µg (5.84%), Calcium: 38.93mg (3.89%), Vitamin B3: 0.65mg (3.24%), Vitamin B2: 0.05mg (3.23%), Phosphorus: 28.38mg (2.84%), Iron: 0.47mg (2.61%), Vitamin E: 0.36mg (2.4%), Vitamin B5: 0.21mg (2.09%), Zinc: 0.19mg (1.3%)