

# Honey Lime Fruit Toss

 Vegetarian  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



156 kcal

SIDE DISH

## Ingredients

- 2 medium banana firm cut into 1/4-inch slices
- 11 ounces mandarin oranges drained canned
- 1 tablespoon honey
- 2 kiwi fruit peeled halved sliced
- 2 tablespoons juice of lime
- 0.3 teaspoon lime zest grated
- 20 ounces pineapple chunks unsweetened canned
- 2 cups strawberries fresh sliced

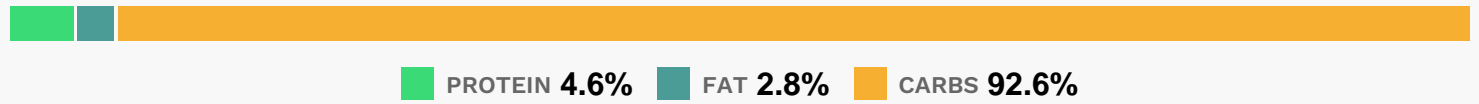
# Equipment

bowl

# Directions

- Drain pineapple, reserving 1/4 cup juice; set juice aside. In a bowl, combine the pineapple, mandarin oranges, strawberries, bananas and kiwi.
- In a small bowl, combine the lime juice, honey, lime peel and reserved pineapple juice.
- Pour over fruit; gently toss to coat.

# Nutrition Facts



# Properties

Glycemic Index:38.62, Glycemic Load:8.71, Inflammation Score:-7, Nutrition Score:11.733913027722%

# Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 3.89mg, Catechin: 3.89mg, Catechin: 3.89mg, Catechin: 3.89mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

# Nutrients (% of daily need)

Calories: 156.32kcal (7.82%), Fat: 0.54g (0.82%), Saturated Fat: 0.07g (0.44%), Carbohydrates: 39.81g (13.27%), Net Carbohydrates: 35.04g (12.74%), Sugar: 30.6g (34%), Cholesterol: 0mg (0%), Sodium: 6.18mg (0.27%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 1.98g (3.95%), Vitamin C: 82.35mg (99.82%), Fiber: 4.77g (19.1%), Manganese: 0.32mg (16.25%), Vitamin A: 789.01IU (15.78%), Vitamin B6: 0.28mg (14.07%), Vitamin K: 14.17µg (13.49%), Potassium: 469.93mg (13.43%), Vitamin B1: 0.18mg (11.69%), Copper: 0.22mg (10.97%), Magnesium: 42.08mg (10.52%), Folate: 35.17µg (8.79%), Vitamin B3: 1.07mg (5.35%), Vitamin B2: 0.08mg (4.99%), Vitamin E: 0.68mg (4.54%), Iron: 0.8mg (4.42%), Phosphorus: 43.67mg (4.37%), Calcium: 42.56mg (4.26%), Zinc: 0.55mg (3.67%), Vitamin B5: 0.26mg (2.56%), Selenium: 1.27µg (1.81%)