



Key West Fruit Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



145 min.

SERVINGS



28

CALORIES



89 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 cup sugar
- ☐ 0.3 cup water
- ☐ 0.3 cup juice of lime fresh
- ☐ 2 tablespoons juice of lime
- ☐ 1 teaspoon lime zest grated
- ☐ 14 cups fruit fresh (pineapple, strawberries, kiwifruit, grapes)

Equipment

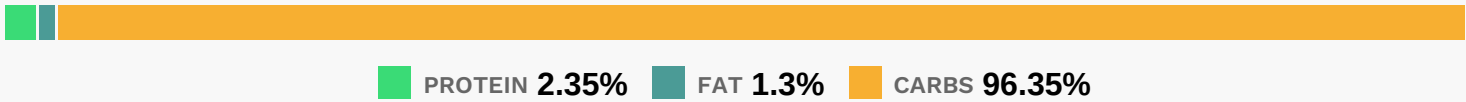
- ☐ bowl

☐ sauce pan

Directions

- ☐ In 1 1/2-quart saucepan, heat sugar and water to boiling; reduce heat. Simmer uncovered about 2 minutes, stirring constantly, until sugar is dissolved; remove from heat. Stir in lime juice and tequila.
- ☐ Let lime dressing stand until room temperature. Cover and refrigerate about 2 hours or until cool.
- ☐ Stir lime peel into dressing. In very large bowl, carefully toss fruit and dressing.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:3.65, Glycemic Load:3.74, Inflammation Score:-3, Nutrition Score:2.0691304430366%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 89kcal (4.45%), Fat: 0.14g (0.21%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 22.98g (7.66%), Net Carbohydrates: 21.06g (7.66%), Sugar: 18.73g (20.82%), Cholesterol: 0mg (0%), Sodium: 6.15mg (0.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.56g (1.12%), Fiber: 1.91g (7.64%), Vitamin A: 359.52IU (7.19%), Vitamin K: 5.47µg (5.21%), Copper: 0.09mg (4.53%), Vitamin C: 3.6mg (4.36%), Potassium: 109.43mg (3.13%), Vitamin B3: 0.47mg (2.35%), Iron: 0.37mg (2.07%), Vitamin B2: 0.03mg (1.76%), Manganese: 0.03mg (1.64%), Magnesium: 6.21mg (1.55%), Phosphorus: 14.69mg (1.47%), Vitamin B6: 0.02mg (1.01%)