



Mango, Blueberry, and Ginger Fruit Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



116 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



0.8 oz blueberries



1.5 oz candied ginger finely chopped



2 lime



2 large mangos peeled cut into 1-inch pieces ()



0.3 cup sugar



0.3 cup water

Equipment



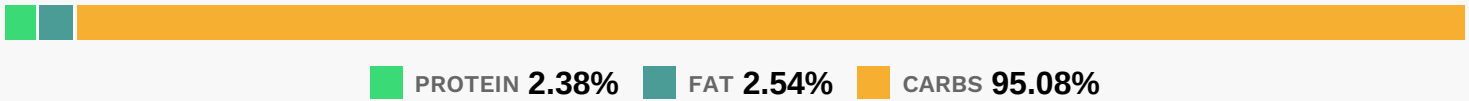
bowl

- ☐ sauce pan
- ☐ knife
- ☐ slotted spoon
- ☐ peeler

Directions

- ☐ Remove zest from 1 lime in strips with a vegetable peeler and cut any white pith from strips with a sharp knife. Squeeze 3 tablespoons juice from limes. Bring zest, water, and sugar to a boil in a 1-quart saucepan, stirring until sugar is dissolved, then boil, uncovered, about 3 minutes.
- ☐ Remove from heat and stir in lime juice.
- ☐ Let syrup stand 20 minutes, then remove zest with a slotted spoon and discard.
- ☐ Toss together mangoes, blueberries, and syrup in a large bowl and sprinkle with ginger.

Nutrition Facts



Properties

Glycemic Index:32.31, Glycemic Load:13.26, Inflammation Score:-6, Nutrition Score:4.7830435581829%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Petunidin: 1.12mg, Petunidin: 1.12mg, Petunidin: 1.12mg, Petunidin: 1.12mg Delphinidin: 1.27mg, Delphinidin: 1.27mg, Delphinidin: 1.27mg, Delphinidin: 1.27mg Malvidin: 2.4mg, Malvidin: 2.4mg, Malvidin: 2.4mg, Malvidin: 2.4mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.72mg, Peonidin: 0.72mg, Peonidin: 0.72mg, Peonidin: 0.72mg Catechin: 1.37mg, Catechin: 1.37mg, Catechin: 1.37mg, Catechin: 1.37mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 115.66kcal (5.78%), Fat: 0.35g (0.54%), Saturated Fat: 0.07g (0.43%), Carbohydrates: 29.86g (9.95%), Net Carbohydrates: 28.04g (10.2%), Sugar: 26.64g (29.6%), Cholesterol: 0mg (0%), Sodium: 3.01mg (0.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.75g (1.5%), Vitamin C: 31.96mg (38.74%), Vitamin A: 759.66IU (15.19%), Folate: 31.67µg (7.92%), Fiber: 1.81g (7.26%), Copper: 0.1mg (4.8%), Vitamin B6: 0.09mg (4.68%), Vitamin E: 0.69mg (4.6%), Potassium: 141.65mg (4.05%), Vitamin K: 3.72µg (3.54%), Manganese: 0.06mg (2.88%), Vitamin B3: 0.52mg (2.61%), Magnesium: 8.58mg (2.15%), Vitamin B2: 0.03mg (2.01%), Vitamin B5: 0.19mg (1.89%), Vitamin B1: 0.03mg (1.82%), Calcium: 15.68mg (1.57%), Iron: 0.26mg (1.44%), Phosphorus: 14.11mg (1.41%)