



Minted Mixed Fruit

 **Gluten Free**  **Dairy Free**

READY IN



15 min.

SERVINGS



10

CALORIES



166 kcal

SIDE DISH

Ingredients

- 0.3 cup mint leaves fresh chopped
- 0.5 cup ginger ale
- 4 kiwifruit peeled sliced
- 3 cups pineapple chunks fresh
- 0.5 cup pineapple juice
- 3 cups strawberries halved
- 1 cup sugar

Equipment

bowl

whisk

Directions

Place fruit in a shallow serving bowl.

Whisk together sugar, juice, and ginger ale until sugar is dissolved; gently stir in mint, and pour over fruit. Cover and chill 2 hours before serving.

Nutrition Facts

 PROTEIN 2.54%  FAT 2.32%  CARBS 95.14%

Properties

Glycemic Index:27.18, Glycemic Load:18.39, Inflammation Score:-4, Nutrition Score:7.8391302953596%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Pelargonidin: 10.74mg, Pelargonidin: 10.74mg, Pelargonidin: 10.74mg, Pelargonidin: 10.74mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 165.58kcal (8.28%), Fat: 0.46g (0.7%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 42.1g (14.03%), Net Carbohydrates: 39.11g (14.22%), Sugar: 37.69g (41.88%), Cholesterol: 0mg (0%), Sodium: 4.57mg (0.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.24%), Vitamin C: 60.8mg (73.7%), Vitamin K: 16.15µg (15.38%), Manganese: 0.28mg (13.87%), Fiber: 2.99g (11.97%), Copper: 0.16mg (8.04%), Potassium: 248.44mg (7.1%), Folate: 26.79µg (6.7%), Vitamin B1: 0.1mg (6.69%), Magnesium: 24.52mg (6.13%), Vitamin B6: 0.11mg (5.45%), Vitamin E:

0.62mg (4.1%), Calcium: 35.83mg (3.58%), Iron: 0.59mg (3.27%), Phosphorus: 29.48mg (2.95%), Vitamin B3: 0.55mg (2.73%), Vitamin B2: 0.04mg (2.52%), Vitamin A: 120.72IU (2.41%), Zinc: 0.22mg (1.44%), Vitamin B5: 0.13mg (1.31%)