



Mixed Fresh Fruit with Lime and Ginger



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



80 min.

SERVINGS



11

CALORIES



44 kcal

SIDE DISH

Ingredients



0.3 cup sugar



2 tablespoons water



0.5 teaspoon lime zest grated



2 tablespoons juice of lime



2 cups wedges honeydew melon



2 tablespoons candied ginger finely chopped



2 cups strawberries fresh halved



1 serving lime zest grated

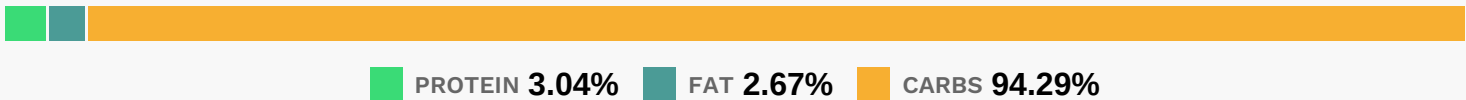
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In 1-quart saucepan, heat sugar and water to boiling.
- ☐ Remove from heat; stir in 1/2 teaspoon lime peel and the lime juice. Cool 10 minutes.
- ☐ In medium bowl, place melon and ginger.
- ☐ Pour sugar mixture over melon mixture. Cover; refrigerate about 1 hour to blend flavors.
- ☐ Just before serving, stir strawberries into melon mixture.
- ☐ Serve garnished with additional lime peel.

Nutrition Facts



Properties

Glycemic Index:15.83, Glycemic Load:3.77, Inflammation Score:-2, Nutrition Score:2.43999999574475%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Pelargonidin: 6.51mg, Pelargonidin: 6.51mg, Pelargonidin: 6.51mg, Pelargonidin: 6.51mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 43.58kcal (2.18%), Fat: 0.14g (0.21%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 11.03g (3.68%), Net Carbohydrates: 10.24g (3.72%), Sugar: 9.75g (10.84%), Cholesterol: 0mg (0%), Sodium: 6.34mg (0.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.36g (0.71%), Vitamin C: 21.83mg (26.46%), Manganese: 0.11mg (5.5%), Potassium: 114mg (3.26%), Fiber: 0.79g (3.15%), Folate: 12.44µg (3.11%), Vitamin B6: 0.04mg (2.03%), Magnesium: 6.75mg (1.69%), Vitamin K: 1.49µg (1.42%), Vitamin B1: 0.02mg (1.25%), Vitamin B3: 0.23mg (1.17%), Copper: 0.02mg (1.08%), Phosphorus: 10.1mg (1.01%)