



Mixed Fruit Marinated with Kirsch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



117 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons brandy
- ☐ 2 kiwi fruit peeled halved lengthwise sliced
- ☐ 2 teaspoons lemon zest grated
- ☐ 2 mangos ripe peeled chopped
- ☐ 0.3 cup orange juice
- ☐ 1 pound strawberries fresh halved quartered
- ☐ 2 tablespoons sugar

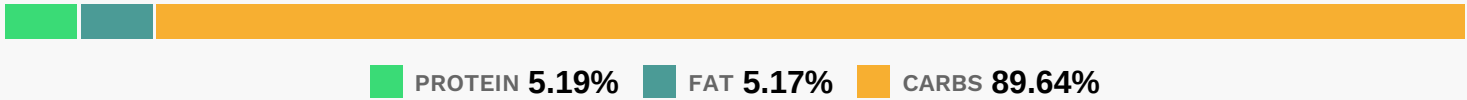
Equipment

bowl

Directions

- Place first 3 ingredients in a shallow serving bowl.
- Gently stir in sugar and remaining ingredients. Cover and chill for at least 2 hours or overnight, if desired.

Nutrition Facts



Properties

Glycemic Index:46.92, Glycemic Load:11.78, Inflammation Score:-8, Nutrition Score:10.715652160023%

Flavonoids

Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 18.8mg, Pelargonidin: 18.8mg, Pelargonidin: 18.8mg, Pelargonidin: 18.8mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 3.54mg, Catechin: 3.54mg, Catechin: 3.54mg, Catechin: 3.54mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 116.65kcal (5.83%), Fat: 0.66g (1.02%), Saturated Fat: 0.09g (0.54%), Carbohydrates: 25.93g (8.64%), Net Carbohydrates: 22.3g (8.11%), Sugar: 21.05g (23.39%), Cholesterol: 0mg (0%), Sodium: 3.23mg (0.14%), Alcohol: 1.67g (100%), Alcohol %: 1.07% (100%), Protein: 1.5g (3%), Vitamin C: 99.98mg (121.18%), Manganese: 0.37mg (18.4%), Vitamin A: 809.93IU (16.2%), Vitamin K: 16.8µg (16%), Folate: 59.92µg (14.98%), Fiber: 3.62g (14.5%), Potassium: 320.45mg (9.16%), Vitamin E: 1.24mg (8.28%), Copper: 0.16mg (8.08%), Vitamin B6: 0.14mg (7.14%), Magnesium: 23.2mg (5.8%), Vitamin B3: 0.92mg (4.62%), Phosphorus: 40.74mg (4.07%), Vitamin B1: 0.06mg

(3.92%), Vitamin B2: 0.06mg (3.3%), Calcium: 32.75mg (3.28%), Vitamin B5: 0.31mg (3.14%), Iron: 0.53mg (2.94%),
Zinc: 0.22mg (1.48%), Selenium: 0.82µg (1.17%)