



No-Cook Tropical Fruits



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



43 kcal

SIDE DISH

Ingredients



1 banana ripe peeled cut into 1/2-inch-thick slices



2 kiwifruit peeled quartered



1 papaya peeled seeded chopped

Equipment

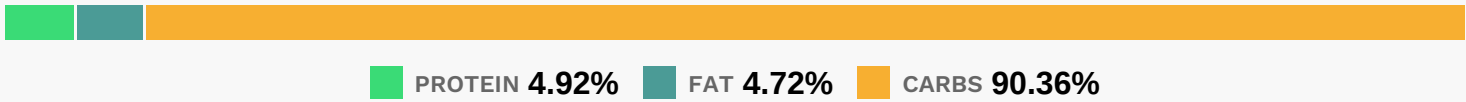


food processor

Directions

Place fruit in a food processor; process until smooth.

Nutrition Facts



Properties

Glycemic Index:20.77, Glycemic Load:4.98, Inflammation Score:-5, Nutrition Score:4.9639129923738%

Flavonoids

Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 42.66kcal (2.13%), Fat: 0.25g (0.38%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 10.65g (3.55%), Net Carbohydrates: 8.94g (3.25%), Sugar: 6.82g (7.57%), Cholesterol: 0mg (0%), Sodium: 4.32mg (0.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.58g (1.16%), Vitamin C: 41.42mg (50.21%), Vitamin K: 10.23µg (9.74%), Vitamin A: 390.23IU (7.8%), Fiber: 1.71g (6.85%), Folate: 22.92µg (5.73%), Potassium: 167.01mg (4.77%), Vitamin B6: 0.08mg (4.12%), Magnesium: 15.6mg (3.9%), Manganese: 0.08mg (3.87%), Copper: 0.06mg (2.95%), Vitamin E: 0.42mg (2.83%), Vitamin B5: 0.16mg (1.63%), Calcium: 16.3mg (1.63%), Vitamin B3: 0.32mg (1.59%), Vitamin B2: 0.03mg (1.57%), Phosphorus: 14.78mg (1.48%), Vitamin B1: 0.02mg (1.3%), Iron: 0.19mg (1.04%)