



Papaya-Kiwi Fruit Sundaes



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



229 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons crystallized ginger minced
- ☐ 3 tablespoons honey
- ☐ 3 firm-ripe kiwi fruit (10 oz. total)
- ☐ 0.3 cup juice of lemon
- ☐ 2 teaspoons lemon zest grated
- ☐ 6 servings mint sprigs
- ☐ 2 pounds firm-ripe papayas
- ☐ 2 cup whipped cream

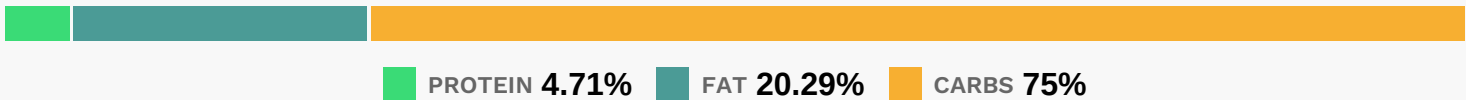
Equipment

☐ bowl

Directions

- ☐ Peel papayas, cut in half lengthwise, and discard seeds. Thinly slice papayas lengthwise and arrange on plates.
- ☐ Peel kiwi fruit and thinly slice crosswise; arrange kiwi slices on papayas.
- ☐ In a small bowl, mix lemon peel, lemon juice, honey, and ginger. Scoop ice cream into balls and place equally on fruit.
- ☐ Drizzle honey mixture over desserts.
- ☐ Garnish with mint sprigs.

Nutrition Facts



Properties

Glycemic Index:37.45, Glycemic Load:21.38, Inflammation Score:-9, Nutrition Score:13.131304194098%

Flavonoids

Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.97mg, Eriodictyol: 0.97mg, Eriodictyol: 0.97mg, Eriodictyol: 0.97mg Hesperetin: 2.06mg, Hesperetin: 2.06mg, Hesperetin: 2.06mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 229.11kcal (11.46%), Fat: 5.48g (8.43%), Saturated Fat: 3.13g (19.57%), Carbohydrates: 45.55g (15.18%), Net Carbohydrates: 41.1g (14.94%), Sugar: 36.76g (40.84%), Cholesterol: 19.36mg (6.45%), Sodium: 50.98mg (2.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.86g (5.72%), Vitamin C: 132.81mg (160.98%), Vitamin A: 1704.83IU (34.1%), Vitamin K: 22.4µg (21.33%), Folate: 74.12µg (18.53%), Fiber: 4.46g (17.82%), Potassium: 479.01mg (13.69%), Magnesium: 47.11mg (11.78%), Calcium: 107.25mg (10.73%), Vitamin B2: 0.17mg (9.82%), Vitamin E: 1.2mg

(7.99%), Phosphorus: 79.1mg (7.91%), Copper: 0.15mg (7.45%), Vitamin B5: 0.66mg (6.58%), Manganese: 0.13mg (6.52%), Vitamin B6: 0.12mg (5.88%), Vitamin B1: 0.07mg (4.64%), Vitamin B3: 0.8mg (4.02%), Iron: 0.64mg (3.54%), Zinc: 0.53mg (3.54%), Vitamin B12: 0.17µg (2.86%), Selenium: 1.89µg (2.7%)