



Pineapple and Orange Salad with Toasted Coconut



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



23 min.

SERVINGS



8

CALORIES



195 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.1 teaspoon ground pepper red
- ☐ 4 kiwifruit peeled sliced
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 teaspoon lime rind grated
- ☐ 1 tablespoon orange juice fresh
- ☐ 2 cups orange sections (4 oranges)
- ☐ 4 pound pineapple peeled cut into 1-inch cubes

- ☐ 0.5 cup pomegranate arils
- ☐ 0.5 cup coconut or sweetened divided flaked toasted

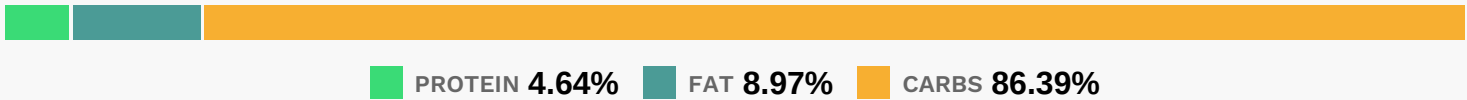
Equipment

- ☐ bowl

Directions

- ☐ Combine first 4 ingredients in a medium bowl.
- ☐ Combine rind and next 3 ingredients (through pepper) in a small bowl. Gently stir lime mixture into fruit mixture; cover and chill.
- ☐ Just before serving, stir 1/4 cup coconut into pineapple mixture.
- ☐ Sprinkle with 1/4 cup coconut.

Nutrition Facts



Properties

Glycemic Index:42.1, Glycemic Load:21.13, Inflammation Score:-7, Nutrition Score:17.105217394621%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 12.79mg, Hesperetin: 12.79mg, Hesperetin: 12.79mg, Hesperetin: 12.79mg Naringenin: 6.96mg, Naringenin: 6.96mg, Naringenin: 6.96mg, Naringenin: 6.96mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 195.27kcal (9.76%), Fat: 2.15g (3.3%), Saturated Fat: 1.46g (9.11%), Carbohydrates: 46.48g (15.49%), Net Carbohydrates: 39.9g (14.51%), Sugar: 34.21g (38.02%), Cholesterol: 0mg (0%), Sodium: 20.06mg (0.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.5g (4.99%), Vitamin C: 169.1mg (204.97%), Manganese: 2.22mg

(111.13%), Fiber: 6.58g (26.33%), Vitamin K: 21.65µg (20.61%), Copper: 0.36mg (18.21%), Folate: 71.09µg (17.77%), Vitamin B1: 0.24mg (16.06%), Vitamin B6: 0.32mg (16.02%), Potassium: 469.44mg (13.41%), Magnesium: 43.38mg (10.85%), Vitamin B3: 1.51mg (7.55%), Vitamin B5: 0.73mg (7.32%), Calcium: 65.64mg (6.56%), Vitamin B2: 0.11mg (6.44%), Vitamin A: 290.69IU (5.81%), Vitamin E: 0.79mg (5.29%), Iron: 0.93mg (5.18%), Phosphorus: 49.68mg (4.97%), Zinc: 0.44mg (2.96%), Selenium: 1.46µg (2.08%)