



Pineapple, Honeydew, and Mango with Ginger and Fresh Herbs



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



135 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon crystallized ginger minced
- ☐ 2 tablespoons basil fresh thinly sliced
- ☐ 1 tablespoon cilantro leaves fresh thinly sliced
- ☐ 2 tablespoons honey
- ☐ 1 cup wedges honeydew melon diced peeled seeded
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 cup mangos diced pitted peeled

- ☐ 2 cups pineapple fresh diced peeled
- ☐ 1 tablespoon bell pepper red minced
- ☐ 1 tablespoon sesame seed

Equipment

- ☐ bowl

Directions

- ☐ Mix all ingredients except sesame seeds in large bowl.
- ☐ Let stand 10 minutes for flavors to blend. Divide fruit mixture among wineglasses and sprinkle with sesame seeds.

Nutrition Facts



Properties

Glycemic Index:82.92, Glycemic Load:13.15, Inflammation Score:-7, Nutrition Score:10.608260724856%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 135.44kcal (6.77%), Fat: 1.33g (2.04%), Saturated Fat: 0.2g (1.27%), Carbohydrates: 32.75g (10.92%), Net Carbohydrates: 30.24g (11%), Sugar: 27.98g (31.09%), Cholesterol: 0mg (0%), Sodium: 10.24mg (0.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.49g (2.97%), Vitamin C: 67.59mg (81.92%), Manganese: 0.88mg (43.78%), Vitamin A: 651.65IU (13.03%), Copper: 0.24mg (11.93%), Folate: 45.37µg (11.34%), Vitamin B6: 0.21mg (10.43%), Fiber: 2.51g (10.04%), Potassium: 288.1mg (8.23%), Vitamin K: 8.16µg (7.77%), Vitamin B1: 0.11mg (7.48%), Magnesium: 27.05mg (6.76%), Vitamin B3: 1.01mg (5.06%), Iron: 0.76mg (4.24%), Calcium: 40.99mg (4.1%), Vitamin

B2: 0.06mg (3.54%), Vitamin B5: 0.35mg (3.5%), Phosphorus: 32.31mg (3.23%), Vitamin E: 0.47mg (3.1%), Zinc: 0.37mg (2.49%), Selenium: 1.41µg (2.02%)