



Pineapple, Mango and Papaya Squares

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



539 kcal

SIDE DISH

Ingredients

- ☐ 2.7 cups flour
- ☐ 1 cinnamon sticks
- ☐ 0.8 cup t brown sugar dark packed ()
- ☐ 1 pinch ground cloves
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 1 cup mangos pitted peeled chopped
- ☐ 0.5 cup orange juice
- ☐ 0.5 teaspoon orange zest grated

- ☐ 1 cup papaya peeled seeded chopped
- ☐ 2 cups pineapple fresh cored peeled chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 1.3 cups butter unsalted room temperature ()
- ☐ 0.8 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ hand mixer

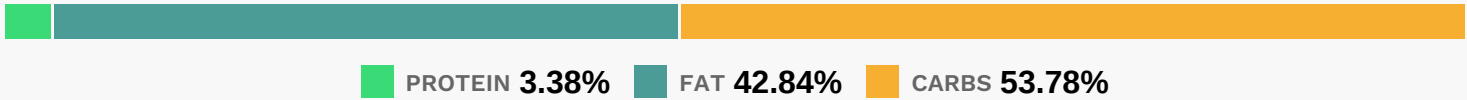
Directions

- ☐ Combine chopped pineapple, mango, papaya, brown sugar, orange juice, cinnamon stick, orange peel, lemon peel and ground cloves in heavy medium saucepan. Cook over low heat until reduced to 1 1/2 cups, stirring frequently, about 1 1/2 hours.
- ☐ Remove cinnamon stick. Cool.
- ☐ Using electric mixer, beat butter, sugar, vanilla extract and salt in large bowl just until blended. On low speed, gradually add flour, beating just until dough begins to come together. Turn dough out onto floured work surface. Gather dough into ball; divide into 2 pieces, 1 slightly larger than the other. Flatten each piece into square. Wrap each in plastic; chill 15 minutes.
- ☐ Preheat oven to 375°F.
- ☐ Roll out larger dough piece on lightly floured work surface to 10-inch square.
- ☐ Transfer dough to 9-inch square metal baking pan. Press dough onto bottom and 1/2 inch up sides of pan.
- ☐ Pour filling into crust.
- ☐ Roll out remaining dough piece on floured surface to 9-inch square.
- ☐ Cut into 1-inch-wide strips.

- ☐
- Place 4 strips atop filling, spacing evenly.

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Nutrition Facts



Properties

Glycemic Index:41.25, Glycemic Load:37.44, Inflammation Score:-7, Nutrition Score:11.983478354371%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg 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: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 539.04kcal (26.95%), Fat: 26.18g (40.27%), Saturated Fat: 16.29g (101.82%), Carbohydrates: 73.94g (24.65%), Net Carbohydrates: 71.61g (26.04%), Sugar: 43.09g (47.88%), Cholesterol: 67.78mg (22.59%), Sodium: 76.15mg (3.31%), Alcohol: 0.11g (100%), Alcohol %: 0.08% (100%), Protein: 4.65g (9.31%), Vitamin C: 40.87mg (49.54%), Manganese: 0.7mg (35.07%), Vitamin A: 1184.53IU (23.69%), Folate: 93.35µg (23.34%), Vitamin B1: 0.34mg (22.85%), Selenium: 13.46µg (19.23%), Vitamin B3: 2.64mg (13.22%), Vitamin B2: 0.22mg (13.21%), Iron: 2.1mg (11.68%), Fiber: 2.33g (9.33%), Copper: 0.14mg (7.19%), Vitamin E: 0.99mg (6.59%), Phosphorus: 58.01mg (5.8%), Potassium: 201.26mg (5.75%), Magnesium: 21.79mg (5.45%), Vitamin B6: 0.1mg (5.01%), Calcium: 44.29mg (4.43%), Vitamin B5: 0.39mg (3.94%), Vitamin K: 3.9µg (3.71%), Vitamin D: 0.47µg (3.15%), Zinc: 0.38mg (2.55%)