



Pineapple-Mango Platter with Ginger



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



114 kcal

SIDE DISH

Ingredients

- 3 tablespoons crystallized ginger minced
- 2 firm-ripe mangoes ()
- 2.5 pounds pineapple cored peeled

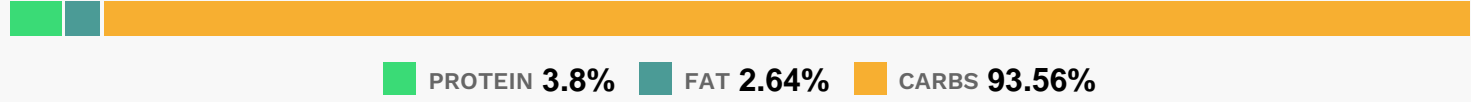
Equipment

Directions

- Cut pineapple crosswise into 1/2 inch-thick rings; arrange on a platter.

- Peel mangoes. Slice fruit off pits and cut into 1/2-inch chunks; discard pits. Arrange mangoes over and around pineapple.
- Cut limes into wedges and place on platter.
- Sprinkle ginger evenly over fruit. Squeeze lime juice from wedges over fruit to taste.

Nutrition Facts



Properties

Glycemic Index:13.8, Glycemic Load:13.32, Inflammation Score:-7, Nutrition Score:11.933043593946%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg 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: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 113.97kcal (5.7%), Fat: 0.37g (0.56%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 29.29g (9.76%), Net Carbohydrates: 26.47g (9.63%), Sugar: 23.89g (26.55%), Cholesterol: 0mg (0%), Sodium: 2.5mg (0.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.38%), Vitamin C: 86.59mg (104.96%), Manganese: 1.35mg (67.33%), Vitamin A: 642.15IU (12.84%), Folate: 47.77µg (11.94%), Fiber: 2.81g (11.25%), Vitamin B6: 0.22mg (11.02%), Copper: 0.21mg (10.67%), Vitamin B1: 0.13mg (8.43%), Potassium: 241.44mg (6.9%), Magnesium: 22.18mg (5.55%), Vitamin B3: 1.05mg (5.27%), Vitamin B5: 0.4mg (4.04%), Vitamin B2: 0.06mg (3.82%), Vitamin E: 0.49mg (3.29%), Vitamin K: 3.17µg (3.01%), Iron: 0.49mg (2.74%), Calcium: 24.12mg (2.41%), Phosphorus: 18.58mg (1.86%), Zinc: 0.22mg (1.44%)