



Poached Strawberries, Peaches, and Mango over Crushed Ice

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



135 kcal

SIDE DISH

Ingredients

- 1 cinnamon sticks
- 4 cups ice cubes crushed
- 6 ounces mangos frozen thawed drained
- 1 of orange zest
- 4 ounces peaches frozen thawed drained
- 1 star anise pod
- 8 ounces strawberries frozen thawed drained

- 1 vanilla bean or pure
- 2 cups grape juice white

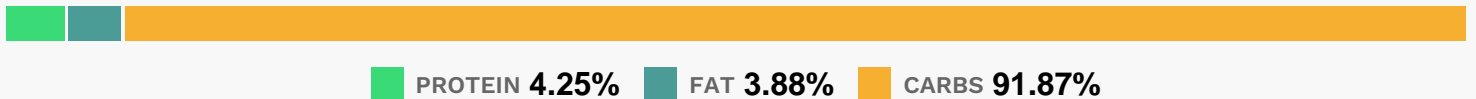
Equipment

- bowl
- frying pan
- sauce pan
- knife

Directions

- Using a paring knife, scrape the seeds from the vanilla bean and place in a large saucepan.
- Add the empty vanilla pod, grape juice, star anise, cinnamon stick, and orange zest. Bring the mixture to a simmer over medium-high heat and cook for 5 minutes.
- Add the strawberries, mango, and peaches. Simmer for 5 minutes.
- Remove the pan from the heat and allow the fruit to cool completely in the syrup, about 1 hour (can be made 1 day in advance and refrigerated).
- To serve, remove the vanilla pod, star anise, and cinnamon stick from the syrup and discard. Mound the shaved ice in 4 small bowls and drizzle with the syrup. Spoon the fruit on top and serve.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:5.23, Inflammation Score:-6, Nutrition Score:8.8186956955039%

Flavonoids

Cyanidin: 2.67mg, Cyanidin: 2.67mg, Cyanidin: 2.67mg, Cyanidin: 2.67mg Petunidin: 1.35mg, Petunidin: 1.35mg, Petunidin: 1.35mg, Petunidin: 1.35mg Delphinidin: 2.61mg, Delphinidin: 2.61mg, Delphinidin: 2.61mg, Delphinidin: 2.61mg Malvidin: 14.14mg, Malvidin: 14.14mg, Malvidin: 14.14mg, Malvidin: 14.14mg Pelargonidin: 14.12mg, Pelargonidin: 14.12mg, Pelargonidin: 14.12mg, Pelargonidin: 14.12mg Peonidin: 1.37mg, Peonidin: 1.37mg, Peonidin: 1.37mg, Peonidin: 1.37mg Catechin: 4.93mg, Catechin: 4.93mg, Catechin: 4.93mg, Catechin: 4.93mg Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg Epicatechin: 1.61mg, Epicatechin: 1.61mg, Epicatechin: 1.61mg, Epicatechin: 1.61mg

1.61mg, Epicatechin: 1.61mg, Epicatechin: 1.61mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.93mg, Myricetin: 0.93mg, Myricetin: 0.93mg, Myricetin: 0.93mg Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 135.43kcal (6.77%), Fat: 0.62g (0.96%), Saturated Fat: 0.09g (0.56%), Carbohydrates: 33.2g (11.07%), Net Carbohydrates: 30.18g (10.98%), Sugar: 28.99g (32.21%), Cholesterol: 0mg (0%), Sodium: 22.99mg (1%), Alcohol: 0.09g (100%), Alcohol %: 0.02% (100%), Protein: 1.54g (3.07%), Vitamin C: 50.53mg (61.25%), Manganese: 0.72mg (36.22%), Fiber: 3.02g (12.08%), Vitamin A: 573.86IU (11.48%), Potassium: 332.61mg (9.5%), Folate: 33.75µg (8.44%), Copper: 0.16mg (8.14%), Magnesium: 29.94mg (7.49%), Vitamin B6: 0.13mg (6.42%), Vitamin E: 0.77mg (5.17%), Iron: 0.88mg (4.89%), Calcium: 46.71mg (4.67%), Vitamin B3: 0.92mg (4.61%), Phosphorus: 45.24mg (4.52%), Vitamin K: 4.66µg (4.44%), Vitamin B1: 0.06mg (3.68%), Vitamin B2: 0.06mg (3.41%), Vitamin B5: 0.27mg (2.65%), Zinc: 0.33mg (2.17%), Selenium: 1.12µg (1.6%)