



## Roasted Summer-Fruit Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



75 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 6 tablespoons balsamic vinegar
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.8 cup mangos ripe cubed peeled
- ☐ 1 tablespoon butter melted
- ☐ 1.5 cups papaya peeled sliced
- ☐ 1.5 cups peaches peeled sliced
- ☐ 1 teaspoon sugar

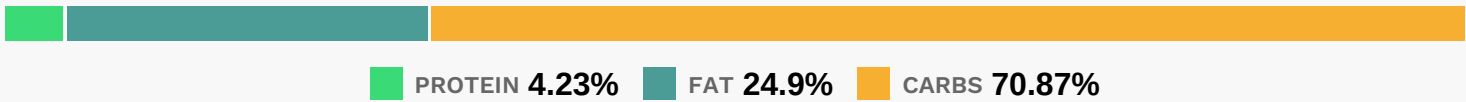
### Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

## Directions

- ☐ Preheat oven to 47
- ☐ Place fruit in an 11 x 7-inch baking dish.
- ☐ Combine lime juice and margarine.
- ☐ Drizzle over fruit; sprinkle with sugar.
- ☐ Bake at 475 for 10 minutes.
- ☐ Bring vinegar to a boil in a small saucepan, and cook 3 minutes or until vinegar is reduced to 1 1/2 tablespoons.
- ☐ Drizzle vinegar reduction over roasted fruit, and toss gently.

## Nutrition Facts



## Properties

Glycemic Index:45.6, Glycemic Load:6.31, Inflammation Score:-6, Nutrition Score:4.5165217845984%

## Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg 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: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

## Nutrients (% of daily need)

Calories: 75.42kcal (3.77%), Fat: 2.15g (3.31%), Saturated Fat: 0.44g (2.73%), Carbohydrates: 13.78g (4.59%), Net Carbohydrates: 12.3g (4.47%), Sugar: 11.48g (12.76%), Cholesterol: 0mg (0%), Sodium: 33.39mg (1.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.64%), Vitamin C: 30.61mg (37.11%), Vitamin A: 759.07IU (15.18%),

Folate: 24.24µg (6.06%), Fiber: 1.47g (5.89%), Potassium: 167.02mg (4.77%), Vitamin E: 0.59mg (3.91%), Magnesium: 14.82mg (3.7%), Copper: 0.07mg (3.64%), Manganese: 0.07mg (3.39%), Vitamin B3: 0.67mg (3.34%), Vitamin B6: 0.05mg (2.4%), Vitamin K: 2.51µg (2.39%), Phosphorus: 19.61mg (1.96%), Iron: 0.35mg (1.92%), Vitamin B1: 0.03mg (1.79%), Vitamin B5: 0.18mg (1.79%), Vitamin B2: 0.03mg (1.66%), Calcium: 15.36mg (1.54%)