



Southwestern Fruit Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



153 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 3 cups julienne-cut jicama peeled
- ☐ 2 kiwifruit peeled sliced
- ☐ 0.3 cup orange juice
- ☐ 1 teaspoon orange rind grated
- ☐ 2 medium oranges peeled sliced

1 medium grapefruit red peeled

Equipment

bowl

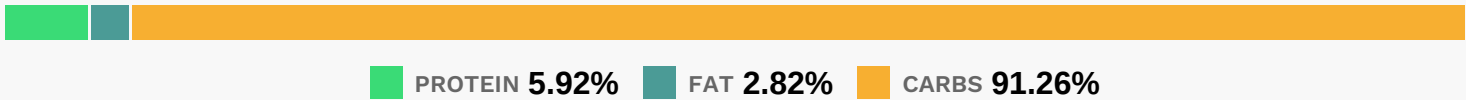
whisk

Directions

Combine the first 5 ingredients in a medium bowl; stir well with a wire whisk.

Add remaining ingredients; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:65.54, Glycemic Load:8.12, Inflammation Score:-8, Nutrition Score:12.665652119595%

Flavonoids

Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 19.92mg, Hesperetin: 19.92mg, Hesperetin: 19.92mg, Hesperetin: 19.92mg Naringenin: 31.26mg, Naringenin: 31.26mg, Naringenin: 31.26mg, Naringenin: 31.26mg Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 152.62kcal (7.63%), Fat: 0.52g (0.79%), Saturated Fat: 0.08g (0.49%), Carbohydrates: 37.5g (12.5%), Net Carbohydrates: 28.47g (10.35%), Sugar: 23.53g (26.14%), Cholesterol: 0mg (0%), Sodium: 8.07mg (0.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.87%), Vitamin C: 116.94mg (141.75%), Fiber: 9.03g (36.14%), Vitamin A: 977.71IU (19.55%), Vitamin K: 18.76µg (17.87%), Folate: 56.43µg (14.11%), Potassium: 483.17mg (13.8%), Manganese: 0.21mg (10.34%), Vitamin B1: 0.13mg (8.74%), Magnesium: 33.98mg (8.5%), Copper: 0.17mg (8.49%), Vitamin E: 1.26mg (8.38%), Calcium: 79.27mg (7.93%), Vitamin B6: 0.15mg (7.61%), Vitamin B5: 0.59mg (5.87%), Phosphorus: 57.06mg (5.71%), Vitamin B2: 0.09mg (5.35%), Iron: 0.92mg (5.12%), Vitamin B3: 0.76mg (3.79%), Zinc: 0.33mg (2.2%), Selenium: 1.27µg (1.81%)