

Spicy Tropical Fruit



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



7

CALORIES



270 kcal

SIDE DISH

Ingredients

- ☐ 3 bananas diced peeled
- ☐ 2 tablespoons crystallized ginger chopped
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.3 cup honey
- ☐ 3 mangoes diced ripe peeled seeded
- ☐ 15.3 ounce dole pineapple tidbits drained canned
- ☐ 0.3 cup garnish: pistachios toasted chopped
- ☐ 8 ounce yogurt plain

- ☐ 0.3 teaspoon salt
- ☐ 8 ounce cup heavy whipping cream light sour

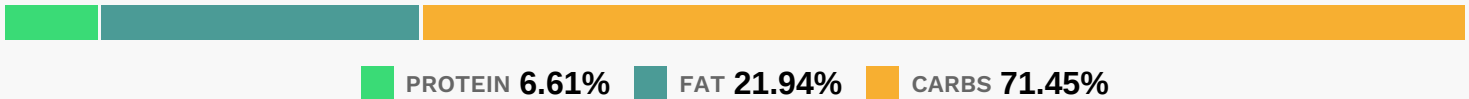
Equipment

- ☐ bowl

Directions

- ☐ Stir together first 6 ingredients, and, if desired, ground red pepper in a medium bowl. Fold in mangoes, bananas, and pineapple. Cover and chill at least 2 hours.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:30.11, Glycemic Load:17.38, Inflammation Score:-8, Nutrition Score:11.622174060863%

Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 4.77mg, Catechin: 4.77mg, Catechin: 4.77mg, Catechin: 4.77mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg 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: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 269.98kcal (13.5%), Fat: 7.06g (10.86%), Saturated Fat: 3.21g (20.04%), Carbohydrates: 51.74g (17.25%), Net Carbohydrates: 47.72g (17.35%), Sugar: 41.15g (45.73%), Cholesterol: 15.55mg (5.18%), Sodium: 127.87mg (5.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.78g (9.57%), Vitamin C: 43.29mg (52.47%), Vitamin A: 1180.1IU (23.6%), Vitamin B6: 0.43mg (21.6%), Potassium: 577.66mg (16.5%), Fiber: 4.03g (16.12%), Folate: 59.69µg (14.92%), Copper: 0.27mg (13.7%), Manganese: 0.26mg (12.92%), Calcium: 112.92mg (11.29%), Magnesium: 44.57mg (11.14%), Vitamin B1: 0.16mg (10.94%), Vitamin B2: 0.18mg (10.6%), Phosphorus: 103.74mg (10.37%), Vitamin

E: 1.08mg (7.19%), Vitamin B3: 1.23mg (6.13%), Vitamin B5: 0.5mg (5.01%), Selenium: 3.41µg (4.87%), Zinc: 0.69mg (4.63%), Vitamin K: 4.64µg (4.42%), Vitamin B12: 0.26µg (4.27%), Iron: 0.71mg (3.97%)