



food
network

Tropical Extravaganza

 Gluten Free

READY IN



20 min.

SERVINGS



1

CALORIES



1508 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup chocolate finely chopped
- ☐ 1 coconut or cut in 1/2
- ☐ 1 serving coconut or shredded
- ☐ 1 tablespoon heavy cream
- ☐ 2 kiwis thinly sliced
- ☐ 1 medium pineapple diced
- ☐ 6 to 8 raspberries
- ☐ 6 ounces coconut pineapple sorbet

- ☐ 1 star fruit sliced
- ☐ 4 strawberries

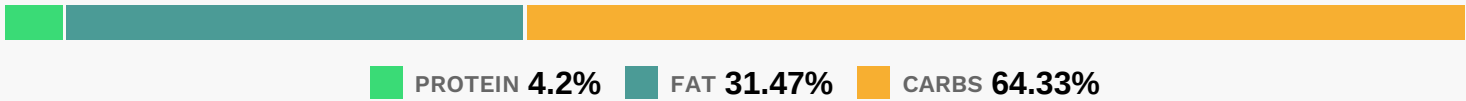
Equipment

- ☐ pot

Directions

- ☐ Lay the kiwi down on a large serving plate along the edges. In the center, place the top of the pineapple.
- ☐ Place a coconut half on top of the green of the pineapple and press down until the coconut is balanced. In a small pot, place the chocolate and cream. Melt together on medium heat, stirring constantly. Dip the strawberries and star fruit in the chocolate and place around the pineapple. Spoon the sorbet into the coconut and sprinkle with shredded coconut.
- ☐ Place the raspberries around the top of the coconut and serve.

Nutrition Facts



Properties

Glycemic Index:275.93, Glycemic Load:96.01, Inflammation Score:-10, Nutrition Score:46.643043187649%

Flavonoids

Cyanidin: 6.3mg, Cyanidin: 6.3mg, Cyanidin: 6.3mg, Cyanidin: 6.3mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 12.05mg, Pelargonidin: 12.05mg, Pelargonidin: 12.05mg, Pelargonidin: 12.05mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 1.65mg, Catechin: 1.65mg, Catechin: 1.65mg, Catechin: 1.65mg Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 1.44mg, Luteolin: 1.44mg, Luteolin: 1.44mg, Luteolin: 1.44mg Kaempferol: 2.12mg, Kaempferol: 2.12mg, Kaempferol: 2.12mg, Kaempferol: 2.12mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 1508.12kcal (75.41%), Fat: 57.02g (87.73%), Saturated Fat: 37.52g (234.47%), Carbohydrates: 262.33g (87.44%), Net Carbohydrates: 226.91g (82.51%), Sugar: 193.23g (214.7%), Cholesterol: 16.95mg (5.65%), Sodium: 163.59mg (7.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 57.75mg (19.25%), Protein: 17.13g (34.26%), Vitamin C: 633.12mg (767.42%), Manganese: 10.12mg (506.22%), Fiber: 35.41g (141.65%), Copper: 2.14mg (107.05%), Vitamin K: 87.78µg (83.6%), Magnesium: 273.23mg (68.31%), Folate: 252.71µg (63.18%), Vitamin B6: 1.24mg (62.09%), Potassium: 2023.2mg (57.81%), Vitamin B1: 0.85mg (56.6%), Iron: 7.18mg (39.89%), Vitamin B2: 0.61mg (36.12%), Phosphorus: 359.67mg (35.97%), Vitamin B3: 6.68mg (33.41%), Vitamin B5: 2.98mg (29.81%), Zinc: 3.52mg (23.47%), Calcium: 233.36mg (23.34%), Vitamin E: 3.42mg (22.83%), Vitamin A: 968.97IU (19.38%), Selenium: 10.49µg (14.98%), Vitamin D: 0.24µg (1.6%)