



Tropical Fruit Ambrosia with Rum

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



202 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups kiwifruit cubed peeled (6 kiwifruit)
- 2 tablespoons juice of lime fresh
- 2 cups mangos ripe cubed peeled (2 mango)
- 2 tablespoons rum white
- 0.3 cup sugar
- 2 tablespoons coconut or sweetened flaked toasted
- 0.3 cup water

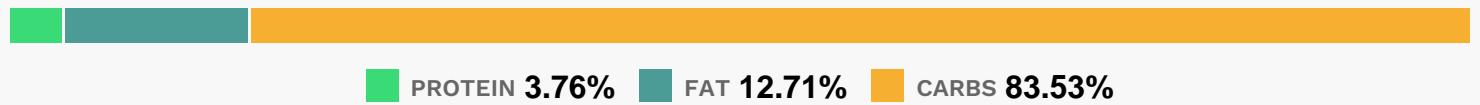
Equipment

sauce pan

Directions

- Combine sugar and water in a small saucepan. Bring to a boil, and cook 1 minute or until sugar dissolves.
- Remove from heat; stir in rum and lime juice. Cool completely.
- Combine mango and kiwifruit; add rum syrup, tossing gently.
- Sprinkle with coconut.

Nutrition Facts



Properties

Glycemic Index:47.38, Glycemic Load:19.57, Inflammation Score:-8, Nutrition Score:12.255217396695%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg 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: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 201.87kcal (10.09%), Fat: 2.82g (4.34%), Saturated Fat: 2.05g (12.84%), Carbohydrates: 41.68g (13.89%), Net Carbohydrates: 36.94g (13.43%), Sugar: 34.58g (38.42%), Cholesterol: 0mg (0%), Sodium: 27.41mg (1.19%), Alcohol: 2.51g (100%), Alcohol %: 1.44% (100%), Protein: 1.88g (3.76%), Vitamin C: 98.39mg (119.26%), Vitamin K: 39.18µg (37.31%), Vitamin A: 973.4IU (19.47%), Fiber: 4.74g (18.95%), Folate: 59.46µg (14.86%), Vitamin E: 1.91mg (12.73%), Copper: 0.24mg (11.94%), Manganese: 0.21mg (10.64%), Potassium: 349.7mg (9.99%), Vitamin B6: 0.16mg (7.87%), Magnesium: 26.93mg (6.73%), Phosphorus: 50.38mg (5.04%), Vitamin B3: 0.94mg (4.71%), Calcium:

42.48mg (4.25%), Vitamin B5: 0.34mg (3.44%), Vitamin B2: 0.06mg (3.43%), Vitamin B1: 0.05mg (3.36%), Selenium: 1.94µg (2.78%), Iron: 0.47mg (2.62%), Zinc: 0.26mg (1.75%)