



Tropical Fruit Medley



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup grapes green seedless halved
- ☐ 0.3 teaspoon ground cardamom
- ☐ 3 kiwifruit peeled chopped
- ☐ 2 mangoes fresh peeled chopped
- ☐ 25 servings garnish: mint sprigs fresh
- ☐ 1 pineapple fresh cored peeled chopped
- ☐ 4 cups grape juice white

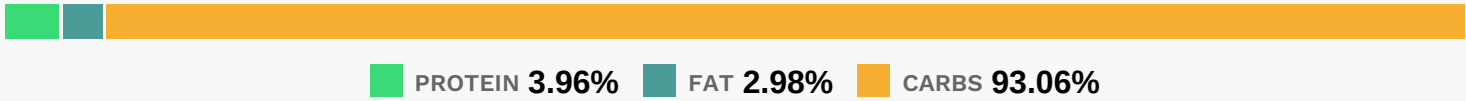
Equipment

bowl

Directions

- Stir together first 4 ingredients in a large bowl.
- Sprinkle with cardamom.
- Pour grape juice over fruit, stirring gently. Cover and chill 30 minutes.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:8.56, Glycemic Load:4.74, Inflammation Score:-4, Nutrition Score:5.0952174061018%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Petunidin: 0.41mg, Petunidin: 0.41mg, Petunidin: 0.41mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 4.52mg, Malvidin: 4.52mg, Malvidin: 4.52mg, Malvidin: 4.52mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.43mg, Peonidin: 0.43mg, Peonidin: 0.43mg, Peonidin: 0.43mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 63.59kcal (3.18%), Fat: 0.23g (0.35%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 15.99g (5.33%), Net Carbohydrates: 14.67g (5.33%), Sugar: 13.5g (15%), Cholesterol: 0mg (0%), Sodium: 3.53mg (0.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.36%), Vitamin C: 32.04mg (38.84%), Manganese: 0.48mg (23.76%), Vitamin K: 6.39µg (6.09%), Fiber: 1.32g (5.28%), Vitamin A: 259.38IU (5.19%), Copper: 0.09mg (4.56%), Folate: 17.74µg (4.43%), Vitamin B6: 0.09mg (4.32%), Potassium: 148.45mg (4.24%), Magnesium: 13.06mg (3.27%), Vitamin B1: 0.05mg (3.21%), Vitamin B3: 0.41mg (2.07%), Vitamin E: 0.31mg (2.06%), Vitamin B2: 0.03mg (1.98%), Iron: 0.33mg (1.86%), Calcium: 17.91mg (1.79%), Phosphorus: 16.57mg (1.66%), Vitamin B5: 0.16mg (1.56%)