

Tropical Fruit Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



188 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 cups banana sliced () (2 medium)
- 2 tablespoons brown sugar dark
- 2 tablespoons juice of lime fresh
- 2 cups mangos diced ripe peeled (2 medium)
- 0.8 cup orange sections (2 medium)
- 4 cups pineapple fresh cubed ()
- 1 cup coconut or shredded unsweetened toasted

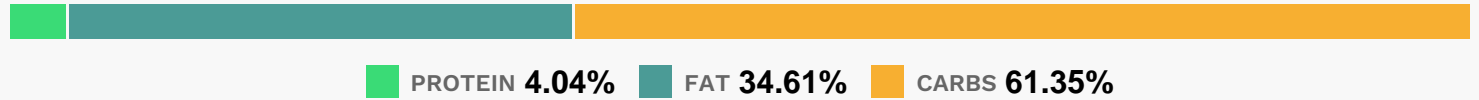
Equipment

bowl

Directions

- Combine first 6 ingredients in a medium bowl, tossing gently to combine. Cover and chill 1 hour.
- Sprinkle with coconut.

Nutrition Facts



Properties

Glycemic Index:25.96, Glycemic Load:12.31, Inflammation Score:-6, Nutrition Score:11.998695663784%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 2.43mg, Catechin: 2.43mg, Catechin: 2.43mg, Catechin: 2.43mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 4.93mg, Hesperetin: 4.93mg, Hesperetin: 4.93mg, Hesperetin: 4.93mg Naringenin: 2.6mg, Naringenin: 2.6mg, Naringenin: 2.6mg, Naringenin: 2.6mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 188.02kcal (9.4%), Fat: 7.87g (12.11%), Saturated Fat: 6.73g (42.07%), Carbohydrates: 31.41g (10.47%), Net Carbohydrates: 26.55g (9.65%), Sugar: 22.61g (25.13%), Cholesterol: 0mg (0%), Sodium: 6.74mg (0.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.14%), Vitamin C: 67.17mg (81.42%), Manganese: 1.19mg (59.63%), Fiber: 4.86g (19.44%), Vitamin B6: 0.29mg (14.62%), Copper: 0.26mg (13.05%), Folate: 44.73µg (11.18%), Vitamin A: 552.02IU (11.04%), Potassium: 361.96mg (10.34%), Magnesium: 34.34mg (8.58%), Vitamin B1: 0.11mg (7.2%), Vitamin B3: 1mg (5.01%), Vitamin B5: 0.49mg (4.95%), Vitamin B2: 0.08mg (4.8%), Phosphorus: 45.52mg (4.55%), Iron: 0.81mg (4.48%), Selenium: 2.89µg (4.12%), Vitamin E: 0.51mg (3.37%), Calcium: 29.46mg (2.95%), Zinc: 0.43mg (2.85%), Vitamin K: 2.51µg (2.39%)