



Tropical Fruit Salad

 Vegetarian  Gluten Free

READY IN



195 min.

SERVINGS



8

CALORIES



136 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup knudsen cream light sour
- 0.5 cup cranberries dried
- 1 medium mangos pitted peeled cut into bite-sized chunks
- 1 Tbsp orange juice
- 1 medium papaya pitted peeled cut into bite-sized chunks
- 0.5 pineapple cored peeled cut into bite-sized chunks
- 1 medium grapefruit red peeled
- 0.3 cup mayo reduced fat mayonnaise light kraft

2 Tbsp sugar

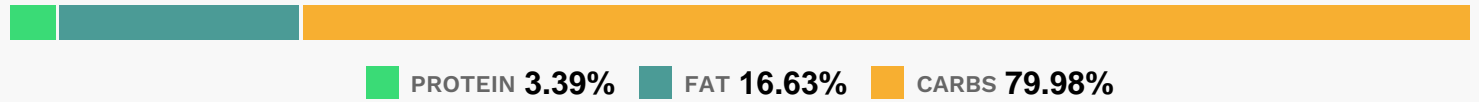
Equipment

bowl

Directions

- Combine fruit in large bowl.
- Mix remaining ingredients until well blended.
- Add to fruit mixture; toss to coat. Cover.
- Refrigerate several hours or until chilled.

Nutrition Facts



Properties

Glycemic Index:39.53, Glycemic Load:10.64, Inflammation Score:-7, Nutrition Score:9.6465219094054%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg 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: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg Naringenin: 10.49mg, Naringenin: 10.49mg, Naringenin: 10.49mg, Naringenin: 10.49mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 135.86kcal (6.79%), Fat: 2.72g (4.19%), Saturated Fat: 0.79g (4.93%), Carbohydrates: 29.46g (9.82%), Net Carbohydrates: 26.69g (9.7%), Sugar: 23.23g (25.81%), Cholesterol: 3.64mg (1.21%), Sodium: 68.15mg (2.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.25g (2.5%), Vitamin C: 70.72mg (85.73%), Manganese: 0.58mg (29.19%), Vitamin A: 1074.5IU (21.49%), Fiber: 2.77g (11.08%), Folate: 41.24µg (10.31%), Potassium: 242.91mg (6.94%), Vitamin B6: 0.13mg (6.54%), Vitamin K: 6.84µg (6.52%), Copper: 0.13mg (6.33%), Magnesium: 21.63mg (5.41%), Vitamin B1: 0.08mg (5.38%), Vitamin E: 0.73mg (4.9%), Calcium: 36.34mg (3.63%), Vitamin B3: 0.71mg (3.56%), Vitamin B2: 0.06mg (3.53%), Vitamin B5: 0.35mg (3.52%), Phosphorus: 24.83mg (2.48%), Iron: 0.38mg (2.09%), Selenium: 0.94µg (1.35%), Zinc: 0.19mg (1.29%)