



WHATSheATE

## Tropical Fruit Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



262 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients



0.3 cup almonds toasted chopped



0.3 cup orange juice



2 tablespoons vegetable oil



3 tablespoons brown sugar packed



2 tablespoons orange juice light



0.3 teaspoon salt



0.3 teaspoon paprika



3 banana sliced

- ☐ 2 avocado pitted peeled sliced
- ☐ 2 kiwi fruit peeled sliced
- ☐ 1 mangos
- ☐ 1 papaya peeled seeded sliced
- ☐ 0.3 cup coconut flakes flaked toasted

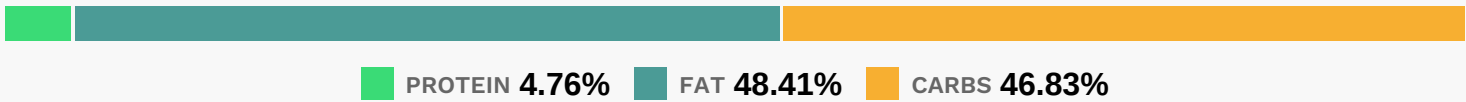
## Equipment

- ☐ bowl

## Directions

- ☐ In tightly covered container, shake dressing ingredients. Refrigerate at least 1 hour.
- ☐ In large bowl, mix salad ingredients except coconut.
- ☐ Sprinkle with coconut.
- ☐ Serve with dressing.

## Nutrition Facts



## Properties

Glycemic Index:48.37, Glycemic Load:11.22, Inflammation Score:-8, Nutrition Score:14.951304290606%

## Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg 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: 3.2mg, Catechin: 3.2mg, Catechin: 3.2mg, Catechin: 3.2mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 1.74mg, Hesperetin: 1.74mg, Hesperetin: 1.74mg, Hesperetin: 1.74mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.03mg,

Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 262.14kcal (13.11%), Fat: 15.21g (23.4%), Saturated Fat: 3.39g (21.21%), Carbohydrates: 33.1g (11.03%), Net Carbohydrates: 25.8g (9.38%), Sugar: 20.28g (22.53%), Cholesterol: 0mg (0%), Sodium: 83.54mg (3.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.37g (6.73%), Vitamin C: 65.76mg (79.71%), Fiber: 7.3g (29.21%), Vitamin K: 28.34µg (26.99%), Folate: 87.31µg (21.83%), Manganese: 0.43mg (21.29%), Vitamin E: 3.18mg (21.23%), Vitamin B6: 0.37mg (18.69%), Potassium: 643.57mg (18.39%), Vitamin A: 822.44IU (16.45%), Magnesium: 57.31mg (14.33%), Copper: 0.28mg (14.13%), Vitamin B5: 1.09mg (10.88%), Vitamin B2: 0.18mg (10.71%), Vitamin B3: 1.81mg (9.04%), Phosphorus: 80.84mg (8.08%), Vitamin B1: 0.09mg (6.24%), Iron: 0.91mg (5.07%), Zinc: 0.68mg (4.52%), Calcium: 44.89mg (4.49%), Selenium: 1.82µg (2.6%)