



Tropical Fruit Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



157 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 banana sliced
- 0.5 cup lychee juice canned drained chopped
- 2 mangos ripe chopped
- 1 large pineapple cored chopped
- 0.5 cup pomegranate seeds
- 3 tablespoons coconut dried shredded sweetened

Equipment

- frying pan

Directions

- Prep fruit except for coconut 1 day ahead; refrigerate. In a pan, toast coconut over medium heat, tossing until golden, 1 to 2 minutes.
- Transfer to a plate. Top salad with coconut before serving.
- Self

Nutrition Facts



Properties

Glycemic Index:29.02, Glycemic Load:15.63, Inflammation Score:-7, Nutrition Score:13.040000086245%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg 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: 2.73mg, Catechin: 2.73mg, Catechin: 2.73mg, Catechin: 2.73mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 157.42kcal (7.87%), Fat: 2.1g (3.23%), Saturated Fat: 1.57g (9.79%), Carbohydrates: 36.61g (12.2%), Net Carbohydrates: 32.33g (11.75%), Sugar: 27.49g (30.55%), Cholesterol: 0mg (0%), Sodium: 18.2mg (0.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.85g (3.7%), Vitamin C: 87.1mg (105.57%), Manganese: 1.23mg (61.72%), Fiber: 4.29g (17.14%), Vitamin B6: 0.31mg (15.29%), Folate: 53.09µg (13.27%), Copper: 0.26mg (12.97%), Vitamin A: 644.43IU (12.89%), Potassium: 385.35mg (11.01%), Vitamin B1: 0.12mg (8.16%), Magnesium: 32.25mg (8.06%), Vitamin B3: 1.27mg (6.33%), Vitamin B2: 0.09mg (5.49%), Vitamin B5: 0.49mg (4.88%), Vitamin K: 4.79µg (4.57%), Vitamin E: 0.58mg (3.86%), Phosphorus: 36.6mg (3.66%), Iron: 0.65mg (3.6%), Selenium: 1.81µg (2.59%), Calcium: 24.25mg (2.42%), Zinc: 0.3mg (2.01%)