

Tropical Fruit Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



219 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 40 ounce pineapple cored undrained canned
- ☐ 1 leaves garnishes: 1/2 cup coconut fresh sweetened flaked
- ☐ 3 tablespoons honey
- ☐ 4 kiwifruits peeled halved sliced
- ☐ 0.5 cup juice of lime fresh
- ☐ 1 teaspoon lime rind grated
- ☐ 1 teaspoon orange rind grated
- ☐ 6 medium oranges peeled sliced

☐ 2 papayas peeled cubed

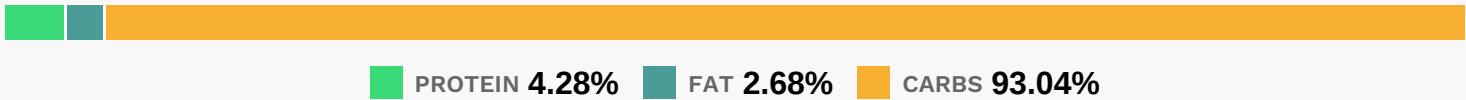
Equipment

☐ bowl

Directions

- ☐ Drain pineapple, reserving 1/2 cup juice.
- ☐ Cut pineapple into cubes.
- ☐ Stir together reserved juice, honey, and next 3 ingredients in a large bowl; add pineapple and remaining fruit, tossing gently to coat. Cover and chill 8 hours.
- ☐ Garnish, if desired.
- ☐ *2 mangoes, peeled and cubed, may be substituted.

Nutrition Facts



Properties

Glycemic Index:29.77, Glycemic Load:14.01, Inflammation Score:-9, Nutrition Score:13.832608679067%

Flavonoids

Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 28.24mg, Hesperetin: 28.24mg, Hesperetin: 28.24mg, Hesperetin: 28.24mg Naringenin: 15.12mg, Naringenin: 15.12mg, Naringenin: 15.12mg, Naringenin: 15.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 218.9kcal (10.95%), Fat: 0.72g (1.1%), Saturated Fat: 0.14g (0.84%), Carbohydrates: 56.14g (18.71%), Net Carbohydrates: 49.16g (17.88%), Sugar: 46.2g (51.34%), Cholesterol: 0mg (0%), Sodium: 10.76mg (0.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.58g (5.17%), Vitamin C: 150.86mg (182.86%), Fiber: 6.98g (27.92%), Vitamin A: 1062.26IU (21.25%), Vitamin K: 21.4µg (20.38%), Folate: 78.28µg (19.57%), Vitamin B1: 0.26mg (17.6%), Potassium: 605.04mg (17.29%), Copper: 0.3mg (14.94%), Magnesium: 55.83mg (13.96%), Vitamin B6: 0.23mg

(11.51%), Calcium: 96.19mg (9.62%), Vitamin E: 1.06mg (7.06%), Vitamin B2: 0.11mg (6.27%), Vitamin B3: 1.15mg (5.77%), Manganese: 0.11mg (5.49%), Vitamin B5: 0.5mg (5%), Phosphorus: 49.4mg (4.94%), Iron: 0.85mg (4.7%), Zinc: 0.37mg (2.44%), Selenium: 1.71µg (2.44%)