



Tropical Fruit Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



126 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.7 cup carambola () (star fruit; 1)
- ☐ 3 tablespoons honey
- ☐ 1 cup kiwifruit peeled sliced (3 kiwifruit)
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 cup papaya peeled chopped
- ☐ 2 cups pineapple fresh cubed (1-inch)
- ☐ 1 cup grapes red seedless
- ☐ 0.3 cup coconut or sweetened flaked

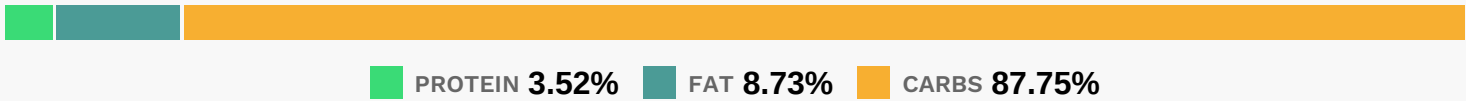
Equipment

☐ bowl

Directions

- ☐ Combine first 6 ingredients in a medium bowl. Chill at least 30 minutes.
- ☐ Combine honey and juice in a small bowl, and toss with fruit just before serving.

Nutrition Facts



Properties

Glycemic Index:50.73, Glycemic Load:13.44, Inflammation Score:-5, Nutrition Score:9.3034781632216%

Flavonoids

Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 125.88kcal (6.29%), Fat: 1.34g (2.06%), Saturated Fat: 0.98g (6.15%), Carbohydrates: 30.3g (10.1%), Net Carbohydrates: 27.22g (9.9%), Sugar: 24.39g (27.1%), Cholesterol: 0mg (0%), Sodium: 15.3mg (0.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.22g (2.43%), Vitamin C: 69.94mg (84.78%), Manganese: 0.61mg (30.73%), Vitamin K: 16.58µg (15.79%), Fiber: 3.08g (12.32%), Copper: 0.18mg (8.91%), Folate: 29.28µg (7.32%), Potassium: 252.5mg (7.21%), Vitamin A: 307.29IU (6.15%), Vitamin B6: 0.12mg (5.9%), Magnesium: 21.86mg (5.47%), Vitamin B1: 0.08mg (5.2%), Vitamin E: 0.55mg (3.64%), Vitamin B2: 0.06mg (3.32%), Vitamin B3: 0.61mg (3.07%), Vitamin B5: 0.3mg (3.04%), Phosphorus: 28.22mg (2.82%), Iron: 0.49mg (2.74%), Calcium: 26.82mg (2.68%), Selenium: 1.03µg (1.47%), Zinc: 0.21mg (1.42%)