



Tropical Fruit Salad with Honey and Lime



Vegetarian



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



135 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 banana peeled sliced
- ☐ 2 tablespoons honey
- ☐ 1 juice of lime
- ☐ 2 kiwis peeled sliced
- ☐ 1 mangos peeled chopped
- ☐ 2 tablespoons chiffonade of mint fresh
- ☐ 0.5 large pineapple cored peeled chopped
- ☐ 1 small bunch grapes red

☐ 0.8 cup coconut flakes sweetened

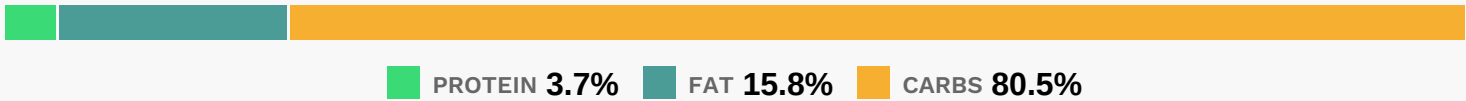
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Spread the coconut out on a baking sheet. Toast until golden, about 5 minutes.
- ☐ Remove from the baking sheet to a small bowl to cool.
- ☐ Whisk together the honey, mint, lime zest and juice.
- ☐ Add the kiwis, banana, grapes, mango and pineapple and toss, making sure all the fruit is coated with the dressing.
- ☐ Sprinkle with the coconut before serving.

Nutrition Facts



Properties

Glycemic Index:39.52, Glycemic Load:12.13, Inflammation Score:-5, Nutrition Score:9.1682609630668%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg 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: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg

0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg
Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 135.11kcal (6.76%), Fat: 2.59g (3.98%), Saturated Fat: 2.17g (13.55%), Carbohydrates: 29.65g (9.88%), Net
Carbohydrates: 26.32g (9.57%), Sugar: 22.71g (25.23%), Cholesterol: 0mg (0%), Sodium: 25.81mg (1.12%), Alcohol:
0g (100%), Alcohol %: 0% (100%), Protein: 1.36g (2.72%), Vitamin C: 56.79mg (68.83%), Manganese: 0.71mg
(35.5%), Fiber: 3.33g (13.31%), Vitamin K: 13.05µg (12.43%), Copper: 0.18mg (9.17%), Vitamin B6: 0.18mg (9.12%),
Folate: 32.63µg (8.16%), Vitamin A: 407.38IU (8.15%), Potassium: 276.05mg (7.89%), Magnesium: 23.57mg (5.89%),
Vitamin B1: 0.08mg (5.11%), Vitamin E: 0.59mg (3.95%), Vitamin B3: 0.76mg (3.78%), Vitamin B2: 0.06mg (3.68%),
Phosphorus: 31.89mg (3.19%), Iron: 0.56mg (3.14%), Vitamin B5: 0.29mg (2.94%), Calcium: 25.23mg (2.52%),
Selenium: 1.75µg (2.5%), Zinc: 0.24mg (1.61%)