



Tropical Fruit with Ginger Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



38 min.

SERVINGS



20

CALORIES



86 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5 slices ginger fresh peeled thin
- ☐ 6 kiwifruit peeled sliced
- ☐ 2 tablespoons juice of lime fresh
- ☐ 3 mangoes cubed peeled
- ☐ 1 pineapple cored cubed peeled
- ☐ 3 star fruit sliced
- ☐ 0.5 cup sugar
- ☐ 20 servings coconut or sweetened flaked toasted

☐ 0.8 cup water

Equipment

☐ bowl

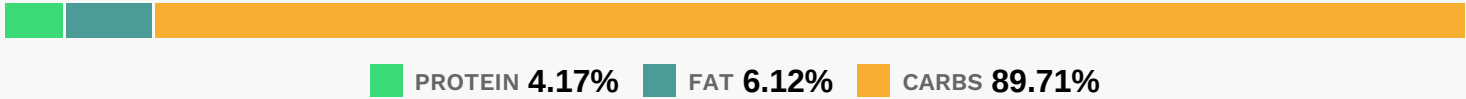
☐ sauce pan

☐ sieve

Directions

- ☐ Simmer water, sugar, and ginger in a small saucepan 5 minutes.
- ☐ Remove from heat; pour liquid through a wire-mesh strainer into a small bowl, discarding ginger. Stir in lime juice; cover and chill syrup.
- ☐ Combine kiwifruit and next 4 ingredients in a trifle bowl or large serving bowl.
- ☐ Drizzle cooled syrup over fruit; toss gently.
- ☐ Sprinkle with toasted coconut.

Nutrition Facts



Properties

Glycemic Index:14.21, Glycemic Load:10.54, Inflammation Score:-5, Nutrition Score:7.7078261401342%

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: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 85.91kcal (4.3%), Fat: 0.64g (0.98%), Saturated Fat: 0.31g (1.93%), Carbohydrates: 21.04g (7.01%), Net Carbohydrates: 18.59g (6.76%), Sugar: 17.1g (19%), Cholesterol: 0mg (0%), Sodium: 5.84mg (0.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.95%), Vitamin C: 58.5mg (70.9%), Manganese: 0.48mg (24.1%), Vitamin K: 12.63µg (12.03%), Fiber: 2.45g (9.79%), Vitamin A: 395.03IU (7.9%), Folate: 30.47µg (7.62%), Copper: 0.15mg (7.29%), Vitamin B6: 0.11mg (5.41%), Potassium: 181.24mg (5.18%), Vitamin E: 0.67mg (4.46%), Magnesium: 15.2mg (3.8%), Vitamin B1: 0.05mg (3.62%), Vitamin B3: 0.6mg (2.99%), Vitamin B5: 0.27mg (2.65%), Vitamin B2: 0.04mg (2.16%), Phosphorus: 20.27mg (2.03%), Calcium: 19.98mg (2%), Iron: 0.28mg (1.55%)