



Winter Fruit Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



314 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 bananas diced firm peeled
- 5 large blood oranges
- 1 piece ginger peeled thinly sliced
- 5 kiwis diced peeled
- 12 kumquats seeds removed very thinly sliced
- 1 optional: lemon
- 2 mangoes diced peeled
- 1 cup pomegranate seeds (from 1 pomegranate)

- 0.5 cup sugar
- 1 vanilla pod split

Equipment

- bowl
- sauce pan
- knife
- peeler

Directions

- Combine the sugar, 2 cups water, the ginger and vanilla seeds and pod in a saucepan. Use a vegetable peeler to remove wide strips of zest from the lemon and 1 orange, add to the saucepan and bring to a boil over medium-high heat. Reduce the heat and simmer 5 minutes. Refrigerate until cold.
- Meanwhile, peel the remaining oranges with a paring knife, cutting along the natural curve of the fruit. Hold an orange over a large bowl and cut along both sides of each membrane to free the segments, letting them fall into the bowl. Squeeze each empty membrane to release the juices. Repeat with the remaining oranges.
- Add the mangoes, bananas, kiwis, kumquats and pomegranate seeds and gently toss.
- Pour the syrup over the fruit and chill overnight.
- Before serving, remove the citrus zest, ginger and vanilla pod. Spoon the fruit and syrup into bowls.
- To remove pomegranate seeds, cut the fruit into quarters, then break apart in a bowl of water. Skim off the pith that floats to the top and drain the seeds.
- Photograph by Con Poulos

Nutrition Facts



PROTEIN 5.35% **FAT 4.67%** **CARBS 89.98%**

Properties

Glycemic Index:63.21, Glycemic Load:34.31, Inflammation Score:-9, Nutrition Score:18.706956417664%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg 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: 3.7mg, Catechin: 3.7mg, Catechin: 3.7mg, Catechin: 3.7mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 46.81mg, Hesperetin: 46.81mg, Hesperetin: 46.81mg, Hesperetin: 46.81mg Naringenin: 45.4mg, Naringenin: 45.4mg, Naringenin: 45.4mg, Naringenin: 45.4mg Apigenin: 8.32mg, Apigenin: 8.32mg, Apigenin: 8.32mg, Apigenin: 8.32mg Luteolin: 1.21mg, Luteolin: 1.21mg, Luteolin: 1.21mg, Luteolin: 1.21mg Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 314.4kcal (15.72%), Fat: 1.8g (2.77%), Saturated Fat: 0.23g (1.46%), Carbohydrates: 77.87g (25.96%), Net Carbohydrates: 65.7g (23.89%), Sugar: 59.81g (66.46%), Cholesterol: 0mg (0%), Sodium: 10.17mg (0.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.63g (9.26%), Vitamin C: 195.83mg (237.37%), Fiber: 12.17g (48.69%), Vitamin K: 38.14µg (36.32%), Folate: 122.21µg (30.55%), Vitamin A: 1296.89IU (25.94%), Potassium: 849.62mg (24.27%), Vitamin B6: 0.42mg (20.76%), Copper: 0.37mg (18.38%), Manganese: 0.35mg (17.74%), Vitamin B1: 0.23mg (15.02%), Vitamin E: 2.17mg (14.49%), Magnesium: 57.81mg (14.45%), Calcium: 128.76mg (12.88%), Vitamin B2: 0.19mg (11.24%), Vitamin B5: 1.01mg (10.08%), Phosphorus: 85.9mg (8.59%), Vitamin B3: 1.71mg (8.53%), Iron: 1.08mg (6%), Zinc: 0.51mg (3.41%), Selenium: 2.04µg (2.92%)