



Zesty Lime and Ginger Winter Fruit Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



221 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 pounds blood oranges (4 or 5 medium oranges)
- 2 pounds kiwi fruit peeled cut into large dice (10 medium kiwis)
- 2 tablespoons brown sugar light packed
- 2 teaspoons lime zest (from 2 medium limes)
- 0.3 cup passion fruit juice
- 3 pounds pineapple skinless cored cut into large dice (from 1 medium pineapple)

Equipment

- bowl

knife

whisk

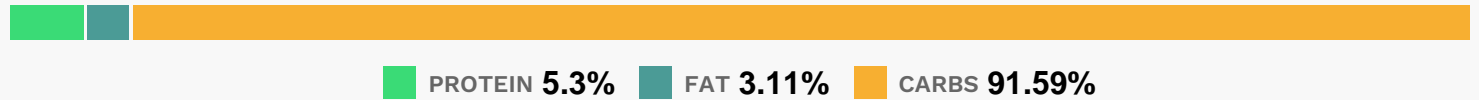
Directions

Whisk together the passion fruit juice, brown sugar, lime zest, and ginger in a large bowl until the sugar has dissolved; set aside. Segment the oranges: Slice 1/4 inch off the top and bottom of 1 orange and set it flat on a work surface. Using a paring knife, follow the curve of the orange and slice off any remaining peel and white pith. Slice between the membranes to release the segments or supremes. Drop the segments into the bowl with the dressing and discard the membrane and peels. (Chef Michael Symon demonstrates how to segment citrus in this CHOW Tip video.) Repeat with the remaining oranges.

Add the kiwis and pineapple to the bowl and gently mix until the fruit is evenly coated.

Serve immediately or chill in the refrigerator for up to 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:23.23, Glycemic Load:22.79, Inflammation Score:-8, Nutrition Score:19.536956745645%

Flavonoids

Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Hesperetin: 31.12mg, Hesperetin: 31.12mg, Hesperetin: 31.12mg, Hesperetin: 31.12mg Naringenin: 17.39mg, Naringenin: 17.39mg, Naringenin: 17.39mg, Naringenin: 17.39mg Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 220.92kcal (11.05%), Fat: 0.85g (1.3%), Saturated Fat: 0.07g (0.41%), Carbohydrates: 55.93g (18.64%), Net Carbohydrates: 47.4g (17.23%), Sugar: 41.85g (46.5%), Cholesterol: 0mg (0%), Sodium: 8.84mg (0.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.47%), Vitamin C: 229.55mg (278.25%), Manganese: 1.72mg (85.91%), Vitamin K: 46.93µg (44.7%), Fiber: 8.54g (34.16%), Folate: 94.91µg (23.73%), Copper: 0.4mg (19.86%), Potassium: 648.3mg (18.52%), Vitamin B1: 0.26mg (17.59%), Vitamin B6: 0.33mg (16.72%), Magnesium: 51.94mg

(12.99%), Vitamin E: 1.71mg (11.43%), Calcium: 110.23mg (11.02%), Vitamin A: 526.5IU (10.53%), Vitamin B3: 1.74mg (8.72%), Vitamin B5: 0.86mg (8.58%), Vitamin B2: 0.14mg (8.34%), Phosphorus: 69.59mg (6.96%), Iron: 0.93mg (5.15%), Zinc: 0.45mg (2.99%), Selenium: 1.01µg (1.45%)