

Tropical Fruit Salad

Ingredients:

- 1 papaya, peeled, seeded and diced
- 1 pineapple, peeled and diced
- 2 cups seedless grapes
- 2 tbsp. lime juice
- ½ cup sweetened coconut, toasted



Nutrition Facts

Serving Size 1 cup (227g)
Servings Per Container 7

Amount Per Serving

Calories 140 **Calories from Fat** 20

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 25mg **1%**

Total Carbohydrate 33g **11%**

Dietary Fiber 4g **16%**

Sugars 25g

Protein 1g

Vitamin A 10% • Vitamin C 160%

Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



*VEGAN



*GLUTEN-FREE



*SOY FREE

Directions:

1. Preheat oven to 400 degrees.
2. Cut pineapple and papaya into bite size chunks.
3. Toss papaya, pineapple, and grapes with the fresh lime juice in a large bowl.
4. Place a layer of coconut on a baking sheet. Bake until lightly toasted.
5. Serve fruit salad topped with toasted coconut.