



Tropical Fruit Salad

12 Servings • 1 Serving = ½ Cup

INGREDIENTS

- 2 cups pineapple, peeled, cored, and cut into cubes
- 2 large mangoes, peeled and cut into cubes
- 2 kiwis, peeled and sliced into half-moons
- ¼ cup unsweetened coconut chips
- 1 orange
- ½ cup mint

DIRECTIONS

1. Combine the pineapple, mango, and kiwis in a large bowl.
2. Slice the orange in half and squeeze the juice over the mixed fruit. Let chill for at least 30 minutes.
3. While the fruit is chilling, preheat oven to 350°F.
4. Spread coconut evenly on a baking sheet and toast for 7-8 minutes or until golden brown, stirring every few minutes. Let cool.
5. Right before serving, gently tear the mint leaves and stir through the fruit. Top with the toasted unsweetened coconut chips.

Nutrition Facts	
12 servings per container	
Serving size	1/2 cup
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	7%
Total Sugars 12g	
includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron 0mg	0%
Potassium 178mg	4%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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