

Cheesecake Topping - Tropical Fruit Topping

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*1 piece (two-inch) ginger
1/4 cup sugar
3/4 cup water
1/2 teaspoon lime zest
3/4 cup chopped pineapple
2 chopped kiwis
1/2 chopped mango*

Slice the ginger into thin rounds.

In a small saucepan, combine the ginger with the sugar and water. Bring to a simmer over medium heat. Cook until syrupy, about 10 minutes. Let cool.

Remove the ginger. Stir in the lime zest. Toss the ginger-lime syrup with the pineapple, kiwis and mango.

Per Serving (excluding unknown items): 213 Calories; trace Fat (1.3% calories from fat); 1g Protein; 54g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 8mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Fruit; 0 Fat; 3 1/2 Other Carbohydrates.