



24-Hour Fruit Salad With COOL WHIP

 **Gluten Free**  **Dairy Free**

READY IN



1470 min.

SERVINGS



30

CALORIES



60 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 Tbsp cornstarch
- 1 egg yolk beaten
- 1 cup grapes green seedless cut in half
- 2 Tbsp juice of lemon
- 1 cup marshmallows jet-puffed miniature
- 1 navel oranges peeled cut in half
- 20 oz dole pineapple tidbits undrained canned
- 0.5 cup planters slivered almonds

- 0.5 cup sugar
- 2 cups cool whip whipped topping thawed

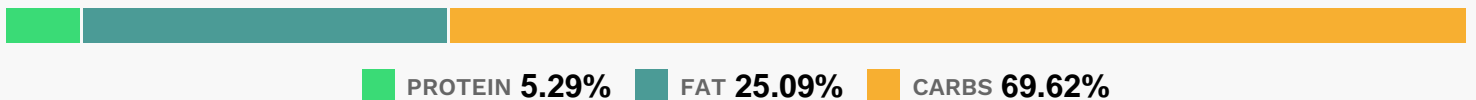
Equipment

- bowl
- microwave
- measuring cup

Directions

- Drain pineapple, reserving 3/4 cup liquid.
- Pour reserved liquid into 1-qt. microwaveable measuring cup.
- Add sugar, lemon juice, cornstarch and egg yolk; mix well.
- Microwave on HIGH 2 to 4 min. or until thickened, stirring every minute.
- Pour into large bowl; cool.
- Add COOL WHIP to pineapple juice mixture; stir gently until blended.
- Add crushed pineapple along with all remaining ingredients; mix lightly.
- Refrigerate 24 hours before serving.

Nutrition Facts



Properties

Glycemic Index:6.22, Glycemic Load:3.56, Inflammation Score:-1, Nutrition Score:1.6260869477106%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 1.17mg, Hesperetin: 1.17mg, Hesperetin: 1.17mg, Hesperetin: 1.17mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol:

0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 60.02kcal (3%), Fat: 1.76g (2.71%), Saturated Fat: 0.7g (4.36%), Carbohydrates: 11.01g (3.67%), Net Carbohydrates: 10.39g (3.78%), Sugar: 9.45g (10.49%), Cholesterol: 6.58mg (2.19%), Sodium: 5.64mg (0.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.84g (1.67%), Vitamin C: 5.08mg (6.16%), Vitamin E: 0.52mg (3.49%), Copper: 0.05mg (2.5%), Fiber: 0.63g (2.5%), Manganese: 0.05mg (2.35%), Vitamin B2: 0.04mg (2.29%), Magnesium: 9.04mg (2.26%), Vitamin B1: 0.03mg (2.13%), Phosphorus: 18.35mg (1.83%), Potassium: 60.88mg (1.74%), Calcium: 14.85mg (1.48%), Vitamin B6: 0.03mg (1.41%), Folate: 4.67µg (1.17%)