



Anytime Fruit Salad



Gluten Free

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READY IN

ready

40 min.

SERVINGS

servings

6

CALORIES

calories

442 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 22 ounce mandarin orange segents drained canned
- ☐ 24 ounces curd cottage cheese
- ☐ 6 ounce jell-o® mix orange flavored
- ☐ 20 ounce pineapple chunks drained canned
- ☐ 12 ounce non-dairy whipped topping frozen thawed

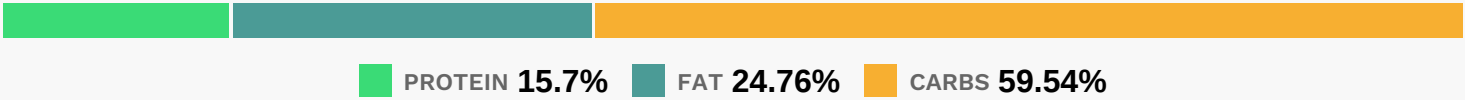
Equipment

- ☐ bowl

Directions

In a large bowl, combine the cottage cheese, whipped topping and gelatin mix. Stir in the oranges and pineapple. Chill in refrigerator.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:1.03, Inflammation Score:-8, Nutrition Score:12.287826269865%

Nutrients (% of daily need)

Calories: 442.35kcal (22.12%), Fat: 12.45g (19.15%), Saturated Fat: 8.37g (52.31%), Carbohydrates: 67.36g (22.45%), Net Carbohydrates: 64.88g (23.59%), Sugar: 62.85g (69.84%), Cholesterol: 20.41mg (6.8%), Sodium: 536.28mg (23.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.76g (35.52%), Vitamin C: 44.12mg (53.48%), Vitamin A: 1611.76IU (32.24%), Phosphorus: 280.28mg (28.03%), Selenium: 15.05µg (21.51%), Vitamin B2: 0.3mg (17.62%), Calcium: 162.82mg (16.28%), Vitamin B1: 0.23mg (15.38%), Potassium: 435.73mg (12.45%), Copper: 0.22mg (10.79%), Vitamin B12: 0.6µg (10.02%), Fiber: 2.48g (9.9%), Magnesium: 39.22mg (9.8%), Vitamin B6: 0.18mg (8.97%), Zinc: 1.16mg (7.72%), Folate: 26.08µg (6.52%), Vitamin B5: 0.64mg (6.36%), Vitamin B3: 0.9mg (4.51%), Iron: 0.72mg (3.99%), Vitamin E: 0.55mg (3.66%), Vitamin K: 2.48µg (2.36%)