

Candy Bar Salad

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



252 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 bananas sliced
- ☐ 4.3 ounce bars chocolate-coated caramel-peanut nougat candy bars chopped
- ☐ 2 granny smith apples cored chopped
- ☐ 3.5 ounce vanilla pudding french instant
- ☐ 8 ounce non-dairy whipped topping frozen thawed

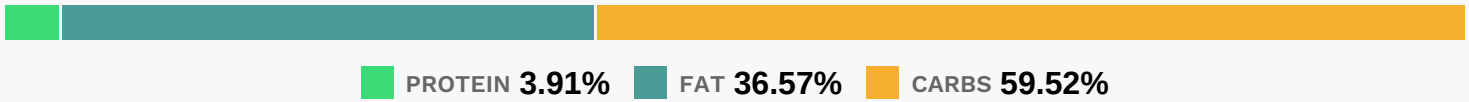
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a bowl, whisk the frozen whipped topping with French vanilla pudding mix until smoothly combined.
- ☐ Mix the apples, bananas, and chopped candy bars into the pudding mixture. Refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:13.72, Glycemic Load:6.16, Inflammation Score:-3, Nutrition Score:5.7708695660467%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.39mg, Catechin: 2.39mg, Catechin: 2.39mg, Catechin: 2.39mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg

Nutrients (% of daily need)

Calories: 251.97kcal (12.6%), Fat: 10.46g (16.1%), Saturated Fat: 7.01g (43.81%), Carbohydrates: 38.32g (12.77%), Net Carbohydrates: 34.72g (12.62%), Sugar: 28.53g (31.71%), Cholesterol: 1.03mg (0.34%), Sodium: 102.98mg (4.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 12.25mg (4.08%), Protein: 2.52g (5.04%), Manganese: 0.39mg (19.74%), Copper: 0.31mg (15.55%), Fiber: 3.6g (14.41%), Magnesium: 47.13mg (11.78%), Iron: 1.99mg (11.06%), Potassium: 294.87mg (8.42%), Phosphorus: 79.87mg (7.99%), Vitamin B6: 0.14mg (6.92%), Vitamin C: 4.66mg (5.65%), Vitamin B2: 0.07mg (4.26%), Zinc: 0.6mg (4%), Calcium: 36.13mg (3.61%), Selenium: 2.13µg (3.04%), Vitamin K: 3.17µg (3.02%), Vitamin E: 0.34mg (2.29%), Vitamin B3: 0.43mg (2.14%), Folate: 8.12µg (2.03%), Vitamin B5: 0.19mg (1.9%), Vitamin B1: 0.03mg (1.85%), Vitamin B12: 0.1µg (1.66%), Vitamin A: 70.4IU (1.41%)