



## Cherry Salad

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



247 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 21 ounce cherry pie filling canned
- 14 ounce condensed milk sweetened canned
- 8 ounce non-dairy whipped topping frozen thawed

### Equipment

- bowl
- mixing bowl

## Directions

- Mix whipped topping, sweetened condensed milk, and cherries in a large mixing bowl.
- Transfer to a serving bowl, and chill.

## Nutrition Facts



## Properties

Glycemic Index:6.1, Glycemic Load:13.17, Inflammation Score:-2, Nutrition Score:4.1060869538266%

## Nutrients (% of daily need)

Calories: 246.67kcal (12.33%), Fat: 6.47g (9.95%), Saturated Fat: 4.75g (29.7%), Carbohydrates: 43.61g (14.54%), Net Carbohydrates: 43.26g (15.73%), Sugar: 26.94g (29.94%), Cholesterol: 13.95mg (4.65%), Sodium: 77.45mg (3.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.04g (8.08%), Calcium: 135.37mg (13.54%), Phosphorus: 126.13mg (12.61%), Vitamin B2: 0.19mg (11.47%), Selenium: 6.66µg (9.51%), Potassium: 232.66mg (6.65%), Vitamin A: 244.8IU (4.9%), Magnesium: 16.07mg (4.02%), Vitamin C: 3.18mg (3.85%), Vitamin B1: 0.06mg (3.68%), Vitamin B12: 0.22µg (3.67%), Vitamin B5: 0.34mg (3.35%), Zinc: 0.43mg (2.84%), Copper: 0.06mg (2.79%), Vitamin B6: 0.05mg (2.34%), Folate: 7.43µg (1.86%), Fiber: 0.36g (1.43%), Iron: 0.24mg (1.34%), Vitamin E: 0.18mg (1.18%), Manganese: 0.02mg (1.01%)