

# Company Fruit Salad

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



165 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 11 ounces mandarin oranges drained canned
- 3 ounces cream cheese softened
- 2 cups grapes green seedless halved
- 0.5 cup mayonnaise
- 20 ounces pineapple chunks drained canned
- 4 medium delicious apples diced
- 4 medium delicious apples diced red
- 2 cups grapes red seedless halved

0.5 cup cream sour

0.5 cup sugar

## Equipment

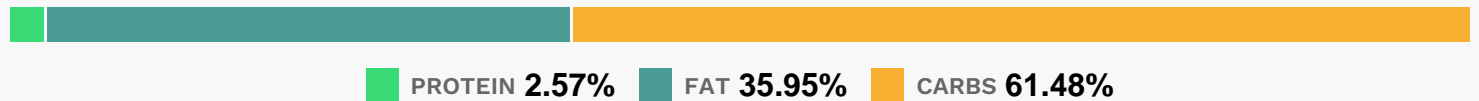
bowl

## Directions

In a large bowl, combine the first six ingredients. In a small bowl, beat dressing ingredients until smooth.

Pour over fruit; toss gently to coat.

## Nutrition Facts



## Properties

Glycemic Index:15.15, Glycemic Load:8.61, Inflammation Score:-4, Nutrition Score:4.1434782863311%

## Flavonoids

Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 5.48mg, Epicatechin: 5.48mg, Epicatechin: 5.48mg, Epicatechin: 5.48mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

## Nutrients (% of daily need)

Calories: 165.23kcal (8.26%), Fat: 6.99g (10.76%), Saturated Fat: 2.13g (13.34%), Carbohydrates: 26.9g (8.97%), Net Carbohydrates: 24.33g (8.85%), Sugar: 22.96g (25.51%), Cholesterol: 10.04mg (3.35%), Sodium: 53.14mg (2.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.25%), Vitamin C: 12.32mg (14.93%), Vitamin K: 15.51µg (14.77%), Fiber: 2.57g (10.3%), Vitamin A: 374.56IU (7.49%), Potassium: 205.96mg (5.88%), Vitamin B1: 0.08mg (5.24%), Copper: 0.1mg (4.9%), Vitamin B6: 0.09mg (4.45%), Vitamin B2: 0.07mg (4.25%), Magnesium: 12.74mg (3.18%), Vitamin E: 0.46mg (3.06%), Phosphorus: 27.84mg (2.78%), Manganese: 0.05mg (2.43%), Calcium: 24.23mg (2.42%), Iron: 0.34mg (1.89%), Folate: 5.99µg (1.5%), Vitamin B3: 0.28mg (1.41%), Zinc: 0.21mg (1.4%), Selenium:

0.94µg (1.35%), Vitamin B5: 0.11mg (1.13%)