



Cream Cheese Fruit Salad

 Gluten Free

READY IN



75 min.

SERVINGS



8

CALORIES



360 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 large jonagold apple peeled chopped
- 3 bananas peeled sliced
- 15.3 ounce pineapple crushed drained canned
- 8 ounce cream cheese
- 15.3 ounce fruit cocktail drained canned
- 0.5 cup coconut or sweetened flaked
- 12 ounce non-dairy whipped topping frozen thawed
- 0.3 cup sugar white to taste

Equipment

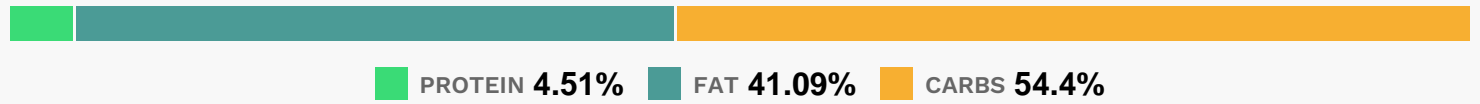
bowl

Directions

Beat the cream cheese and sugar together in a large bowl. On high speed, beat in the whipped topping. Fold in the bananas, pineapple, fruit cocktail, apple, and coconut. If desired, mix in the maraschino cherries, pecans, and raisins.

Pour the salad into a serving bowl, and chill 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:29.86, Glycemic Load:14.84, Inflammation Score:-5, Nutrition Score:7.1765217884727%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 3.06mg, Catechin: 3.06mg, Catechin: 3.06mg, Catechin: 3.06mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 359.87kcal (17.99%), Fat: 17.12g (26.34%), Saturated Fat: 12g (75.01%), Carbohydrates: 50.99g (17%), Net Carbohydrates: 47.4g (17.24%), Sugar: 42.83g (47.58%), Cholesterol: 29.48mg (9.83%), Sodium: 139.34mg (6.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.23g (8.46%), Fiber: 3.59g (14.35%), Vitamin C: 11.24mg (13.62%), Vitamin B6: 0.27mg (13.39%), Manganese: 0.26mg (13.15%), Vitamin A: 595IU (11.9%), Potassium: 403.02mg (11.51%), Vitamin B2: 0.17mg (9.8%), Phosphorus: 89.64mg (8.96%), Copper: 0.16mg (8.16%), Magnesium: 32.39mg (8.1%), Selenium: 5.28µg (7.54%), Calcium: 74.11mg (7.41%), Vitamin B1: 0.1mg (6.61%), Vitamin E: 0.83mg (5.55%), Folate: 18µg (4.5%), Vitamin K: 4.57µg (4.36%), Vitamin B3: 0.78mg (3.92%), Vitamin B5: 0.37mg (3.67%), Iron: 0.61mg (3.41%), Zinc: 0.4mg (2.69%), Vitamin B12: 0.15µg (2.46%)