



## Cream Cheese Fruit Salad

 Gluten Free

READY IN



75 min.

SERVINGS



8

CALORIES



458 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 golden raisins
- 4 ounce maraschino cherries halved drained
- 0.5 cup pecans chopped

- 0.5 cup coconut or sweetened flaked
- 12 ounce non-dairy whipped topping frozen thawed
- 0.3 cup sugar white to taste

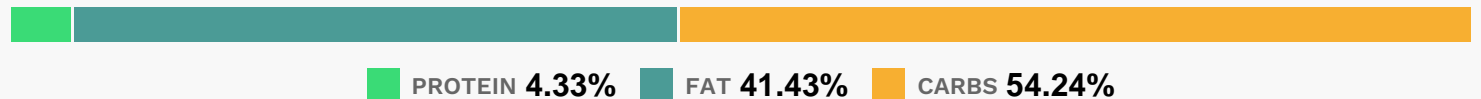
## Equipment

- 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:38.19, Glycemic Load:18.75, Inflammation Score:-5, Nutrition Score:9.6199999477552%

## Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 3.55mg, Catechin: 3.55mg, Catechin: 3.55mg, Catechin: 3.55mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 2.16mg, Epicatechin: 2.16mg, Epicatechin: 2.16mg, Epicatechin: 2.16mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

## Nutrients (% of daily need)

Calories: 457.7kcal (22.89%), Fat: 22.1g (34%), Saturated Fat: 12.44g (77.76%), Carbohydrates: 65.1g (21.7%), Net Carbohydrates: 60.04g (21.83%), Sugar: 53.96g (59.96%), Cholesterol: 29.48mg (9.83%), Sodium: 141mg (6.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.2g (10.39%), Manganese: 0.6mg (29.96%), Fiber: 5.06g (20.23%), Vitamin B6: 0.31mg (15.61%), Copper: 0.3mg (14.9%), Potassium: 501.54mg (14.33%), Vitamin C: 11.6mg (14.06%), Vitamin A: 605.19IU (12.1%), Phosphorus: 119.36mg (11.94%), Vitamin B2: 0.19mg (11.34%), Magnesium:

44.37mg (11.09%), Vitamin B1: 0.14mg (9.65%), Calcium: 91.34mg (9.13%), Selenium: 5.63µg (8.04%), Vitamin E: 0.95mg (6.3%), Iron: 1.01mg (5.61%), Zinc: 0.78mg (5.18%), Vitamin K: 5.34µg (5.09%), Folate: 19.77µg (4.94%), Vitamin B3: 0.97mg (4.84%), Vitamin B5: 0.45mg (4.46%), Vitamin B12: 0.15µg (2.46%)