



## Creamy Fruit Salad II

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



442 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

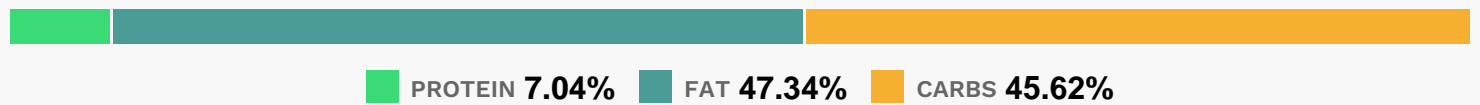
- 1 banana sliced
- 16 ounce cream cheese softened
- 30.5 ounce fruit cocktail canned
- 3 tablespoons maraschino cherries halved
- 14 ounce condensed milk sweetened canned

### Equipment

## Directions

- Combine the cream cheese and condensed milk; blend until smooth.
- Drain the juice from 1 can of the fruit cocktail and add to cream cheese mixture.
- Add the other can with all its juice and any other fruit at this time.
- Mix with a large spoon.
- Add extra condensed milk to sweeten if desired. Cover with saran wrap and chill.
- Mix well and serve cold.

## Nutrition Facts



## Properties

Glycemic Index:24.72, Glycemic Load:27.22, Inflammation Score:-6, Nutrition Score:8.9869565523189%

## Flavonoids

Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 441.58kcal (22.08%), Fat: 23.96g (36.86%), Saturated Fat: 14.21g (88.79%), Carbohydrates: 51.95g (17.32%), Net Carbohydrates: 50.31g (18.29%), Sugar: 48.13g (53.48%), Cholesterol: 74.13mg (24.71%), Sodium: 247.9mg (10.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.02g (16.03%), Vitamin A: 1130.68IU (22.61%), Vitamin B2: 0.37mg (21.65%), Calcium: 206.11mg (20.61%), Phosphorus: 201.49mg (20.15%), Selenium: 12.92µg (18.45%), Potassium: 409.06mg (11.69%), Manganese: 0.21mg (10.43%), Vitamin B6: 0.17mg (8.33%), Vitamin B5: 0.81mg (8.13%), Vitamin E: 1.12mg (7.5%), Magnesium: 27.61mg (6.9%), Fiber: 1.64g (6.57%), Zinc: 0.88mg (5.89%), Vitamin B12: 0.34µg (5.72%), Copper: 0.11mg (5.64%), Vitamin C: 4.63mg (5.61%), Vitamin B1: 0.08mg (5.45%), Vitamin K: 4.46µg (4.24%), Folate: 16.75µg (4.19%), Vitamin B3: 0.66mg (3.32%), Iron: 0.53mg (2.96%)