



Creamy Hawaiian Fruit Salad

 Gluten Free

READY IN



250 min.

SERVINGS



10

CALORIES



128 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 banana sliced
- 8 oz knudsen cream sour
- 0.3 cup baker's angel flake coconut toasted
- 1 cup marshmallows jet-puffed miniature
- 1 large cranberry-orange relish
- 8 oz pineapple chunks drained canned
- 2 cups grapes red seedless

Equipment

Directions

- Mix all ingredients except coconut; cover.
- Refrigerate 2 to 3 hours.
- Sprinkle with coconut just before serving.

Nutrition Facts



Properties

Glycemic Index:20.38, Glycemic Load:6.89, Inflammation Score:-3, Nutrition Score:3.9082608508027%

Flavonoids

Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Hesperetin: 5.01mg, Hesperetin: 5.01mg, Hesperetin: 5.01mg, Hesperetin: 5.01mg Naringenin: 2.82mg, Naringenin: 2.82mg, Naringenin: 2.82mg, Naringenin: 2.82mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 128.43kcal (6.42%), Fat: 5.92g (9.1%), Saturated Fat: 3.54g (22.15%), Carbohydrates: 19.47g (6.49%), Net Carbohydrates: 17.81g (6.48%), Sugar: 14.88g (16.54%), Cholesterol: 13.38mg (4.46%), Sodium: 12.77mg (0.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.85%), Vitamin C: 14.15mg (17.15%), Fiber: 1.67g (6.67%), Manganese: 0.12mg (5.96%), Potassium: 201.49mg (5.76%), Vitamin B6: 0.11mg (5.66%), Copper: 0.11mg (5.3%), Vitamin B2: 0.08mg (4.83%), Vitamin K: 4.97µg (4.74%), Vitamin B1: 0.07mg (4.63%), Vitamin A: 221.52IU (4.43%), Calcium: 38.21mg (3.82%), Magnesium: 14.82mg (3.71%), Phosphorus: 34.81mg (3.48%), Folate: 11.22µg (2.81%), Selenium: 1.65µg (2.35%), Vitamin B5: 0.19mg (1.94%), Iron: 0.32mg (1.77%), Vitamin B3: 0.29mg (1.45%), Vitamin E: 0.2mg (1.35%), Zinc: 0.19mg (1.29%)