



Delicious Grape Salad

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



438 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup brown sugar
- 16 ounce cream cheese softened
- 1 individual package graham crackers crushed
- 4 cups grapes green seedless
- 4 cups grapes red seedless
- 16 ounce cup heavy whipping cream sour
- 2 teaspoons vanilla extract
- 1 cup sugar white

Equipment

- bowl
- plastic wrap
- hand mixer

Directions

- Beat the sour cream, cream cheese, white sugar, and vanilla extract in a bowl with an electric mixer on Low speed until smooth.
- Spread enough graham cracker crumbs to cover the bottom into a glass serving bowl, and top with about 1/3 of the cream cheese mixture in a layer.
- Spread green grapes, then red grapes over the cheese filling. Save a few green and red grapes for a garnish. Repeat the layers several more times, ending with a layer of cream cheese filling.
- Garnish the top of the salad with sprinkled brown sugar and the reserved grapes.
- Cover the salad with plastic wrap, and refrigerate until thoroughly cold, 30 minutes to 1 hour.

Nutrition Facts



Properties

Glycemic Index:26.31, Glycemic Load:24.95, Inflammation Score:-5, Nutrition Score:7.0252173620722%

Nutrients (% of daily need)

Calories: 438.06kcal (21.9%), Fat: 24.8g (38.16%), Saturated Fat: 13.83g (86.44%), Carbohydrates: 52.95g (17.65%), Net Carbohydrates: 51.82g (18.84%), Sugar: 47.69g (52.99%), Cholesterol: 72.57mg (24.19%), Sodium: 169.94mg (7.39%), Alcohol: 0.28g (100%), Alcohol %: 0.15% (100%), Protein: 4.87g (9.74%), Vitamin A: 971.49IU (19.43%), Vitamin K: 19.27µg (18.35%), Vitamin B2: 0.27mg (16.06%), Phosphorus: 110.26mg (11.03%), Calcium: 107.85mg (10.79%), Potassium: 358.68mg (10.25%), Copper: 0.17mg (8.74%), Selenium: 5.89µg (8.41%), Vitamin B6: 0.15mg (7.59%), Vitamin B1: 0.11mg (7.08%), Vitamin E: 0.79mg (5.28%), Vitamin C: 4.27mg (5.18%), Manganese: 0.1mg (5.1%), Vitamin B5: 0.48mg (4.79%), Magnesium: 18.49mg (4.62%), Fiber: 1.13g (4.54%), Iron: 0.62mg (3.47%), Zinc: 0.49mg (3.28%), Vitamin B12: 0.19µg (3.25%), Folate: 9.92µg (2.48%), Vitamin B3: 0.37mg (1.86%)