



## Eight-Layer Fruit Salad Supreme

 Gluten Free

READY IN



90 min.

SERVINGS



12

CALORIES



334 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 1 quart blueberries fresh
- ☐ 1 cantaloupe peeled seeded cut into 1/2-inch cubes
- ☐ 1.5 tablespoons confectioners' sugar
- ☐ 8 ounce cream cheese softened
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 0.5 cup honey
- ☐ 6 large kiwi fruit peeled cut into 1/4-inch dice

- ☐ 0.3 cup juice of lime fresh
- ☐ 1 large lime zest
- ☐ 1 tablespoon milk
- ☐ 0.3 cup pecans chopped
- ☐ 20 ounce pineapple chunks in juice drained canned
- ☐ 1 pound grapes red seedless halved lengthwise
- ☐ 1 pound strawberries fresh hulled sliced
- ☐ 8 ounce non-dairy whipped topping frozen thawed

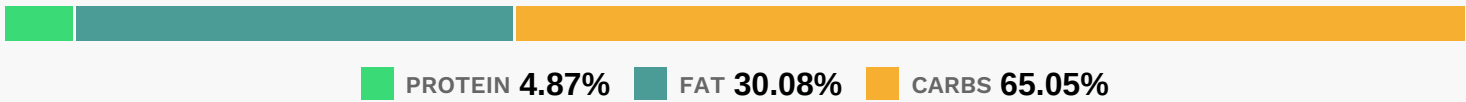
## Equipment

- ☐ bowl
- ☐ whisk

## Directions

- ☐ Whisk honey, lime zest, lime juice, nutmeg, and cinnamon together in a small bowl. Beat cream cheese, milk, and confectioners' sugar together in a separate bowl until fluffy.
- ☐ Spread cantaloupe in a layer, followed by blueberries and then strawberries in a trifle bowl or high-sided clear bowl.
- ☐ Pour about half the lime dressing evenly over strawberry layer.
- ☐ Spread cream cheese mixture evenly over lime mixture layer; sprinkle with grapes.
- ☐ Place kiwi fruit in a bowl; pour remaining lime mixture over kiwi. Stir to coat.
- ☐ Layer kiwi over grape layer in trifle bowl. Spoon pineapple chunks on top of kiwi layer. Chill in refrigerator for at least 1 hour.
- ☐ Top with whipped topping and pecans to serve.

## Nutrition Facts



## Properties

Glycemic Index:40.04, Glycemic Load:19.12, Inflammation Score:-9, Nutrition Score:16.125651912845%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 333.64kcal (16.68%), Fat: 11.99g (18.44%), Saturated Fat: 6.26g (39.12%), Carbohydrates: 58.33g (19.44%), Net Carbohydrates: 52.47g (19.08%), Sugar: 48.13g (53.47%), Cholesterol: 19.62mg (6.54%), Sodium: 92.7mg (4.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.36g (8.73%), Vitamin C: 77.77mg (94.27%), Vitamin K: 42.67µg (40.64%), Vitamin A: 1967.98IU (39.36%), Manganese: 0.66mg (33.01%), Fiber: 5.86g (23.43%), Copper: 0.31mg (15.69%), Potassium: 489.19mg (13.98%), Vitamin B1: 0.18mg (11.95%), Vitamin E: 1.58mg (10.53%), Vitamin B2: 0.17mg (10.26%), Magnesium: 40.56mg (10.14%), Vitamin B6: 0.2mg (10.11%), Phosphorus: 98.9mg (9.89%), Folate: 39.38µg (9.84%), Calcium: 81.45mg (8.15%), Vitamin B3: 1.28mg (6.39%), Iron: 1.15mg (6.37%), Zinc: 0.82mg (5.45%), Selenium: 3.7µg (5.28%), Vitamin B5: 0.46mg (4.62%), Vitamin B12: 0.09µg (1.44%)