



## Flavorful Fruit Medley

 Gluten Free

READY IN



195 min.

SERVINGS



15

CALORIES



87 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 medium banana sliced
- 11 oz mandarin orange segments drained canned
- 0.3 cup knudsen cream sour
- 1 cup baker's angel flake coconut
- 1 cup marshmallows jet-puffed miniature
- 0.5 cup miracle whip dressing
- 8 oz pineapple chunks in juice drained canned

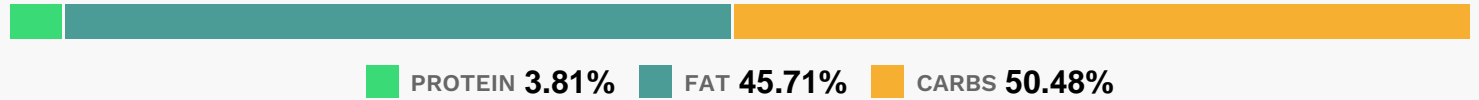
## Equipment

bowl

## Directions

- Mix dressing and sour cream in large bowl.
- Add remaining ingredients; mix lightly. Cover.
- Refrigerate several hours or overnight.

## Nutrition Facts



## Properties

Glycemic Index:7.69, Glycemic Load:2.51, Inflammation Score:-3, Nutrition Score:2.790434775793%

## Flavonoids

Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

## Nutrients (% of daily need)

Calories: 86.7kcal (4.34%), Fat: 4.69g (7.21%), Saturated Fat: 3.69g (23.08%), Carbohydrates: 11.65g (3.88%), Net Carbohydrates: 9.91g (3.6%), Sugar: 8.17g (9.08%), Cholesterol: 3.03mg (1.01%), Sodium: 74.2mg (3.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.88g (1.76%), Vitamin C: 9.27mg (11.24%), Manganese: 0.18mg (8.87%), Fiber: 1.74g (6.96%), Vitamin A: 315.1IU (6.3%), Copper: 0.08mg (3.99%), Vitamin B6: 0.07mg (3.39%), Potassium: 115.08mg (3.29%), Magnesium: 12.23mg (3.06%), Vitamin B1: 0.04mg (2.69%), Selenium: 1.47µg (2.1%), Phosphorus: 20.35mg (2.04%), Iron: 0.33mg (1.82%), Zinc: 0.26mg (1.77%), Vitamin B2: 0.03mg (1.62%), Vitamin B3: 0.23mg (1.14%), Calcium: 11.26mg (1.13%), Folate: 4.14µg (1.04%)