

Fluffy Pink Fruit Salad

 **Gluten Free**

READY IN



15 min.

SERVINGS



22

CALORIES



216 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 medium banana firm sliced
- 8 ounces cream cheese softened
- 15 ounces fruit cocktail drained canned
- 2 cups cup heavy whipping cream
- 10 ounces maraschino cherries
- 3 cups marshmallows miniature
- 15 ounces peaches diced drained sliced canned
- 20 ounces dole pineapple tidbits drained canned

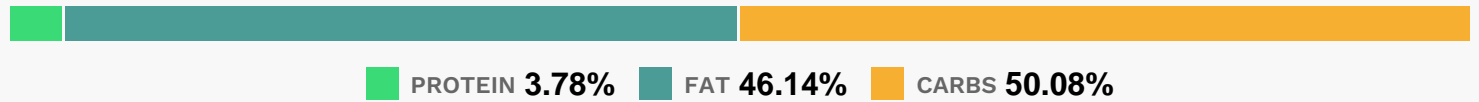
Equipment

bowl

Directions

- Drain cherries, reserving 1/3 cup juice (save remaining juice for another use).
- Cut cherries in half; set aside.
- In a bowl, beat cream cheese and reserved cherry juice until smooth. Fold in whipped cream. Fold in cherries, pineapple, fruit cocktail, peaches, bananas and marshmallows.
- Transfer to a serving bowl. Refrigerate for at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:10.8, Glycemic Load:9.21, Inflammation Score:-4, Nutrition Score:4.4469565023547%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Catechin: 2.91mg, Catechin: 2.91mg, Catechin: 2.91mg, Catechin: 2.91mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 215.83kcal (10.79%), Fat: 11.6g (17.84%), Saturated Fat: 7.11g (44.45%), Carbohydrates: 28.32g (9.44%), Net Carbohydrates: 26.25g (9.55%), Sugar: 21.86g (24.29%), Cholesterol: 34.86mg (11.62%), Sodium: 48.43mg (2.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.13g (4.27%), Vitamin A: 599IU (11.98%), Vitamin B6: 0.17mg (8.32%), Fiber: 2.07g (8.3%), Vitamin C: 6.51mg (7.89%), Manganese: 0.13mg (6.53%), Potassium: 225.16mg (6.43%), Vitamin B2: 0.1mg (6.06%), Copper: 0.11mg (5.53%), Magnesium: 18.16mg (4.54%), Phosphorus: 39.77mg (3.98%), Calcium: 39.11mg (3.91%), Vitamin E: 0.57mg (3.79%), Selenium: 2.6µg (3.72%), Vitamin B1: 0.05mg (3.41%), Folate: 11.33µg (2.83%), Vitamin B3: 0.55mg (2.73%), Vitamin B5: 0.27mg (2.7%), Vitamin K: 2.53µg (2.41%), Vitamin D: 0.35µg (2.31%), Iron: 0.38mg (2.12%), Zinc: 0.28mg (1.84%)