



Frozen Fruit Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



412 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 31 ounce pineapple crushed drained canned
- ☐ 2 cups royal anne cherries pitted chopped
- ☐ 6 ounce cream cheese softened
- ☐ 0.3 cup juice of lemon
- ☐ 12 servings lettuce leaves
- ☐ 0.7 cup mayonnaise
- ☐ 1 cup pecans chopped
- ☐ 0.3 cup whipping cream

☐ 2 cups whipping cream

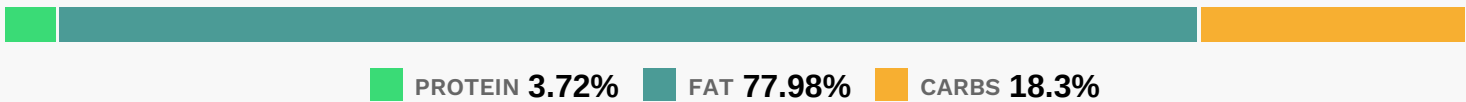
Equipment

☐ baking pan

Directions

- ☐ Beat cream cheese until smooth; add mayonnaise, 1/4 cup whipping cream, and lemon juice, mixing well. Stir in pineapple, cherries, and pecans. Gently fold in whipped cream.
- ☐ Pour mixture into a 13- x 9- x 2-inch baking dish; freeze overnight or until firm.
- ☐ Place salad in refrigerator for 10 minutes before serving.
- ☐ Cut into squares, and serve on lettuce leaves.

Nutrition Facts



Properties

Glycemic Index:9.08, Glycemic Load:0.99, Inflammation Score:-9, Nutrition Score:10.54521727562%

Flavonoids

Cyanidin: 7.92mg, Cyanidin: 7.92mg, Cyanidin: 7.92mg, Cyanidin: 7.92mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 0.34mg, Peonidin: 0.34mg, Peonidin: 0.34mg, Peonidin: 0.34mg Catechin: 1.66mg, Catechin: 1.66mg, Catechin: 1.66mg, Catechin: 1.66mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 1.22mg, Epicatechin: 1.22mg, Epicatechin: 1.22mg, Epicatechin: 1.22mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 411.87kcal (20.59%), Fat: 36.97g (56.88%), Saturated Fat: 15.16g (94.76%), Carbohydrates: 19.53g (6.51%), Net Carbohydrates: 16.97g (6.17%), Sugar: 16.02g (17.8%), Cholesterol: 69.97mg (23.32%), Sodium: 143.08mg

(6.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.97g (7.93%), Vitamin A: 2688.13IU (53.76%), Manganese: 0.5mg (25.02%), Vitamin K: 23.32µg (22.21%), Vitamin C: 15.15mg (18.36%), Vitamin B1: 0.18mg (11.97%), Copper: 0.21mg (10.59%), Vitamin B2: 0.18mg (10.49%), Fiber: 2.56g (10.25%), Phosphorus: 86.15mg (8.61%), Potassium: 294.5mg (8.41%), Magnesium: 32.46mg (8.11%), Vitamin E: 1.18mg (7.85%), Calcium: 74.21mg (7.42%), Vitamin B6: 0.14mg (6.81%), Selenium: 3.63µg (5.19%), Folate: 20.4µg (5.1%), Zinc: 0.75mg (4.99%), Vitamin D: 0.74µg (4.93%), Iron: 0.82mg (4.58%), Vitamin B5: 0.35mg (3.47%), Vitamin B3: 0.49mg (2.46%), Vitamin B12: 0.12µg (1.96%)