



Fruit Ball

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



3239 kcal

Ingredients

- 0.8 cup almonds chopped
- 16 ounce cream cheese softened
- 30.5 ounce fruit cocktail drained chopped fine canned
- 5 ounce vanilla pudding mix instant

Equipment

- mixing bowl

Directions

- In a medium size mixing bowl, mix together cream cheese, fruit cocktail, and instant pudding mix.
- Add 1/4 cup almonds, if desired. Shape mixture into a ball, and then roll in the remaining almonds.

Nutrition Facts



Properties

Glycemic Index:92, Glycemic Load:73.98, Inflammation Score:-10, Nutrition Score:57.092608659164%

Flavonoids

Cyanidin: 2.64mg, Cyanidin: 2.64mg, Cyanidin: 2.64mg, Cyanidin: 2.64mg Catechin: 1.37mg, Catechin: 1.37mg, Catechin: 1.37mg, Catechin: 1.37mg Epigallocatechin: 2.78mg, Epigallocatechin: 2.78mg, Epigallocatechin: 2.78mg, Epigallocatechin: 2.78mg Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Isorhamnetin: 2.83mg, Isorhamnetin: 2.83mg, Isorhamnetin: 2.83mg, Isorhamnetin: 2.83mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 3238.63kcal (161.93%), Fat: 210.73g (324.19%), Saturated Fat: 95.92g (599.47%), Carbohydrates: 309.83g (103.28%), Net Carbohydrates: 286.93g (104.34%), Sugar: 254.63g (282.92%), Cholesterol: 458.13mg (152.71%), Sodium: 2377.33mg (103.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.52g (109.03%), Vitamin E: 35.68mg (237.87%), Manganese: 3.78mg (189.15%), Vitamin A: 7891.31IU (157.83%), Vitamin B2: 2.45mg (144.04%), Phosphorus: 1099.16mg (109.92%), Magnesium: 373.63mg (93.41%), Fiber: 22.9g (91.61%), Copper: 1.82mg (91.07%), Calcium: 787.45mg (78.75%), Selenium: 49.01µg (70.01%), Potassium: 2182.78mg (62.37%), Zinc: 6.42mg (42.8%), Vitamin B6: 0.84mg (42.1%), Iron: 7.1mg (39.44%), Vitamin B3: 7.58mg (37.91%), Vitamin B5: 3.62mg (36.16%), Vitamin B1: 0.48mg (31.99%), Vitamin K: 32.01µg (30.48%), Folate: 113.95µg (28.49%), Vitamin C: 16.43mg (19.91%), Vitamin B12: 1µg (16.63%)