



Fruit Chunks with Creamy Marshmallow Dip

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



8

CALORIES



147 kcal

SIDE DISH

Ingredients

- 2 apples cored unpeeled cut into 16 (1-inch) pieces
- 16 grapes green seedless
- 8 ounce pineapple chunks unsweetened canned
- 8 servings creamy marshmallow dip
- 8 strawberries fresh cut in half lengthwise
- 16 tangerine sections (2 tangerines)

Equipment




- bowl

sieve

Directions

- Drain pineapple in a sieve over a bowl, reserving juice. Set aside 16 pineapple chunks and 1/4 cup juice, reserving remaining pineapple and juice for another use.
- Place 1/4 cup pineapple juice in a large bowl, and stir in 16 pineapple chunks, apple pieces, tangerine sections, grapes, and strawberry halves. Chill. Spoon fruit evenly into 8 small bowls; top each with 2 tablespoons Creamy Marshmallow Dip.

Nutrition Facts

 PROTEIN 4.6%  FAT 4.82%  CARBS 90.58%

Properties

Glycemic Index:20, Glycemic Load:11.22, Inflammation Score:-8, Nutrition Score:9.3086955650993%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 3.48mg, Epicatechin: 3.48mg, Epicatechin: 3.48mg, Epicatechin: 3.48mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Hesperetin: 13.97mg, Hesperetin: 13.97mg, Hesperetin: 13.97mg, Hesperetin: 13.97mg Naringenin: 17.67mg, Naringenin: 17.67mg, Naringenin: 17.67mg, Naringenin: 17.67mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg

Nutrients (% of daily need)

Calories: 146.69kcal (7.33%), Fat: 0.87g (1.34%), Saturated Fat: 0.17g (1.09%), Carbohydrates: 36.9g (12.3%), Net Carbohydrates: 31.94g (11.61%), Sugar: 29.63g (32.93%), Cholesterol: 0mg (0%), Sodium: 10.25mg (0.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.87g (3.75%), Vitamin C: 59.13mg (71.67%), Vitamin A: 1245.34IU (24.91%), Fiber: 4.96g (19.83%), Potassium: 413.46mg (11.81%), Vitamin B1: 0.15mg (9.9%), Vitamin B6: 0.19mg (9.57%), Folate: 34.02µg (8.51%), Calcium: 76.64mg (7.66%), Magnesium: 29.91mg (7.48%), Manganese: 0.14mg (6.9%), Copper: 0.14mg (6.75%), Vitamin B2: 0.09mg (5.34%), Phosphorus: 47.07mg (4.71%), Vitamin B5: 0.43mg (4.28%), Vitamin B3: 0.85mg (4.24%), Vitamin E: 0.49mg (3.29%), Vitamin K: 2.92µg (2.78%), Iron: 0.48mg (2.68%),

Zinc: 0.19mg (1.29%)