

Fruit Cocktail Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



12

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 medium banana firm sliced
- 11 ounces mandarin oranges drained canned
- 30 ounces fruit cocktail in juice canned
- 1 ounce vanilla pudding mix sugar-free instant
- 1 tablespoon juice of lemon
- 20 ounces dole pineapple tidbits unsweetened drained canned

Equipment

- bowl

Directions

- In a bowl, combine the fruit and lemon juice.
- Sprinkle with pudding mix. Stir gently for 1 minute or until mixture is thickened. Fold in bananas. Refrigerate until serving.

Nutrition Facts

 **PROTEIN 2.83%**  **FAT 1.95%**  **CARBS 95.22%**

Properties

Glycemic Index:7.96, Glycemic Load:5.38, Inflammation Score:-4, Nutrition Score:3.6265217467495%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 2.09mg, Catechin: 2.09mg, Catechin: 2.09mg, Catechin: 2.09mg Epicatechin: 3.34mg, Epicatechin: 3.34mg, Epicatechin: 3.34mg, Epicatechin: 3.34mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 97.04kcal (4.85%), Fat: 0.22g (0.34%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 24.4g (8.13%), Net Carbohydrates: 22.82g (8.3%), Sugar: 18.13g (20.15%), Cholesterol: 0mg (0%), Sodium: 106.06mg (4.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.73g (1.45%), Vitamin C: 16.08mg (19.5%), Vitamin A: 377.95IU (7.56%), Potassium: 237.21mg (6.78%), Vitamin B6: 0.13mg (6.61%), Fiber: 1.58g (6.33%), Vitamin B1: 0.09mg (6.16%), Manganese: 0.11mg (5.28%), Magnesium: 18.87mg (4.72%), Copper: 0.09mg (4.26%), Vitamin B2: 0.04mg (2.62%), Vitamin B3: 0.43mg (2.17%), Folate: 7.85µg (1.96%), Iron: 0.34mg (1.89%), Calcium: 17.41mg (1.74%), Phosphorus: 15.55mg (1.56%), Zinc: 0.23mg (1.53%), Vitamin B5: 0.1mg (1.02%)