

Fruit Salad Dessert

 **Gluten Free**

READY IN



20 min.

SERVINGS



2

CALORIES



538 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 teaspoons butter
- 1 tablespoon powdered sugar
- 1 eggs
- 0.5 cup grapes green
- 0.5 cup cup heavy whipping cream
- 1 tablespoon juice of lemon
- 0.5 cup marshmallows miniature
- 0.5 cup cranberry-orange relish fresh

- 8 ounces pineapple chunks drained canned
- 0.3 cup sugar

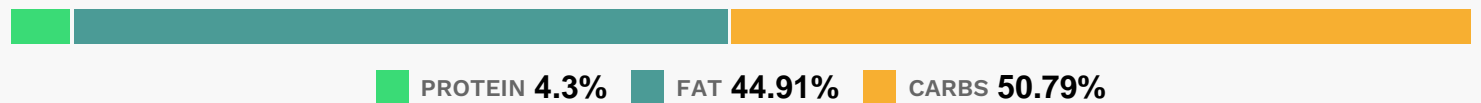
Equipment

- bowl
- sauce pan

Directions

- In a small saucepan, combine the egg, sugar, lemon juice and butter; cook and stir over low heat for 5–7 minutes or until thickened. Cool.
- Meanwhile, combine the pineapple, grapes, oranges and marshmallows in a small bowl; set aside. In a small bowl, beat cream and confectioners' sugar until soft peaks form. Fold into fruit mixture.
- Add cooled dressing. Chill for at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:134.55, Glycemic Load:28.38, Inflammation Score:-7, Nutrition Score:10.853913058405%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 13.35mg, Hesperetin: 13.35mg, Hesperetin: 13.35mg, Hesperetin: 13.35mg Naringenin: 7mg, Naringenin: 7mg, Naringenin: 7mg, Naringenin: 7mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 538.06kcal (26.9%), Fat: 27.99g (43.06%), Saturated Fat: 16.99g (106.19%), Carbohydrates: 71.21g (23.74%), Net Carbohydrates: 68.28g (24.83%), Sugar: 64.3g (71.45%), Cholesterol: 159.82mg (53.28%), Sodium: 91.75mg (3.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.03g (12.06%), Vitamin C: 39.07mg (47.35%), Vitamin A: 1301.71IU (26.03%), Vitamin B2: 0.29mg (17.01%), Selenium: 9.7µg (13.86%), Vitamin B1: 0.2mg (13.58%), Fiber: 2.93g (11.72%), Copper: 0.23mg (11.36%), Potassium: 391.18mg (11.18%), Vitamin B6: 0.21mg (10.34%), Phosphorus: 102.66mg (10.27%), Calcium: 93.82mg (9.38%), Vitamin D: 1.39µg (9.28%), Folate: 34.42µg (8.6%),

Vitamin K: 8.63µg (8.21%), Magnesium: 31.76mg (7.94%), Vitamin E: 1.08mg (7.21%), Vitamin B5: 0.64mg (6.36%), Iron: 0.99mg (5.52%), Vitamin B12: 0.3µg (4.99%), Zinc: 0.61mg (4.09%), Vitamin B3: 0.59mg (2.97%), Manganese: 0.05mg (2.39%)