



## Fruit Salad with Marshmallows

 Gluten Free

READY IN



195 min.

SERVINGS



15

CALORIES



96 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

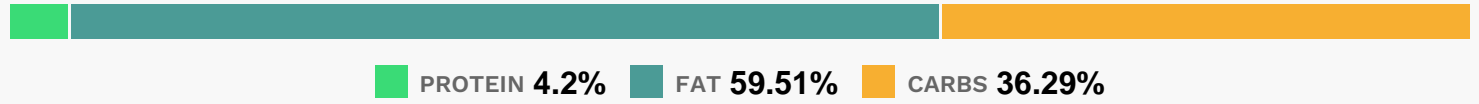
- 11 oz mandarin orange segments drained canned
- 1 cup knudsen cream sour
- 1 cup baker's angel flake coconut
- 1 cup marshmallows jet-puffed miniature
- 8.3 oz pineapple chunks in juice undrained canned

### Equipment

## Directions

- Drain pineapple, reserving 1 Tbsp. juice.
- Mix pineapple with reserved juice and remaining ingredients until blended.
- Refrigerate several hours or until chilled.

## Nutrition Facts



## Properties

Glycemic Index:4.03, Glycemic Load:1.64, Inflammation Score:-3, Nutrition Score:2.7743478404439%

## Nutrients (% of daily need)

Calories: 95.62kcal (4.78%), Fat: 6.66g (10.25%), Saturated Fat: 4.8g (29.97%), Carbohydrates: 9.14g (3.05%), Net Carbohydrates: 7.76g (2.82%), Sugar: 6.8g (7.55%), Cholesterol: 9.05mg (3.02%), Sodium: 10.71mg (0.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.12%), Vitamin C: 8.74mg (10.59%), Manganese: 0.16mg (7.88%), Vitamin A: 376.08IU (7.52%), Fiber: 1.38g (5.52%), Copper: 0.08mg (3.82%), Magnesium: 11.33mg (2.83%), Potassium: 97.71mg (2.79%), Vitamin B1: 0.04mg (2.71%), Phosphorus: 26.97mg (2.7%), Selenium: 1.82µg (2.6%), Vitamin B2: 0.04mg (2.42%), Vitamin B6: 0.04mg (2.2%), Calcium: 22.05mg (2.2%), Zinc: 0.29mg (1.94%), Iron: 0.31mg (1.7%)