



## Fruit Salad with Ricotta Pineapple Sauce

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



10

CALORIES



306 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 3 apples diced cored
- 15 ounce pineapple crushed drained canned
- 30.5 ounce fruit cocktail drained canned
- 2 nectarines diced pitted
- 15 ounce dole pineapple tidbits drained canned
- 15 ounce ricotta cheese
- 1 pint strawberries fresh hulled halved
- 1 cup sugar white

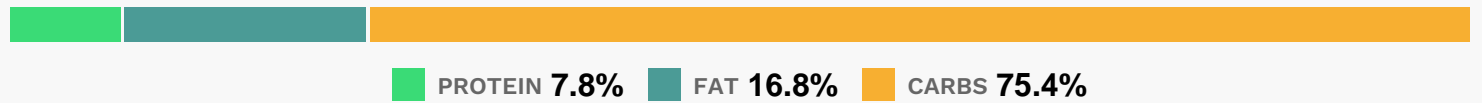
# Equipment

bowl

# Directions

In a large non-metallic serving bowl, stir together the crushed pineapple, sugar, and ricotta cheese until well blended. Stir in the fruit cocktail, pineapple tidbits, strawberries, apples and nectarines. Cover, and refrigerate for at least 4 hours, or overnight. The longer you refrigerate before serving, the better it will taste.

# Nutrition Facts



# Properties

Glycemic Index:26.71, Glycemic Load:24.94, Inflammation Score:-6, Nutrition Score:9.9213044358336%

# Flavonoids

Cyanidin: 2.26mg, Cyanidin: 2.26mg, Cyanidin: 2.26mg, Cyanidin: 2.26mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Pelargonidin: 11.76mg, Pelargonidin: 11.76mg, Pelargonidin: 11.76mg, Pelargonidin: 11.76mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 3.03mg, Catechin: 3.03mg, Catechin: 3.03mg, Catechin: 3.03mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

# Nutrients (% of daily need)

Calories: 305.92kcal (15.3%), Fat: 6.05g (9.31%), Saturated Fat: 3.57g (22.28%), Carbohydrates: 61.13g (20.38%), Net Carbohydrates: 56.48g (20.54%), Sugar: 54.48g (60.53%), Cholesterol: 21.69mg (7.23%), Sodium: 46.67mg (2.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.33g (12.66%), Vitamin C: 40.8mg (49.45%), Fiber: 4.65g (18.61%), Manganese: 0.35mg (17.38%), Calcium: 118.44mg (11.84%), Potassium: 395.49mg (11.3%), Copper: 0.22mg (11.13%), Vitamin A: 541.06IU (10.82%), Phosphorus: 107.4mg (10.74%), Selenium: 7.25µg (10.35%), Vitamin

B1: 0.14mg (9.21%), Vitamin B2: 0.15mg (9.02%), Vitamin B6: 0.18mg (8.89%), Magnesium: 33.2mg (8.3%), Folate: 26.65µg (6.66%), Vitamin E: 0.9mg (6.03%), Vitamin K: 6.12µg (5.83%), Vitamin B3: 1.16mg (5.82%), Iron: 1.01mg (5.58%), Zinc: 0.81mg (5.37%), Vitamin B5: 0.29mg (2.88%), Vitamin B12: 0.14µg (2.41%)