



Fruit Salsa Parfaits

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



81 kcal

DESSERT

Ingredients

- 2 Tbsp brown sugar
- 0.3 tsp ground cinnamon and ground ginger
- 15 oz peach in juice drained canned
- 2 kiwi fruit peeled chopped
- 8 oz pineapple chunks in juice undrained canned
- 1 cup strawberries chopped
- 1.5 cups cool whip lite whipped topping thawed

Equipment

bowl

Directions

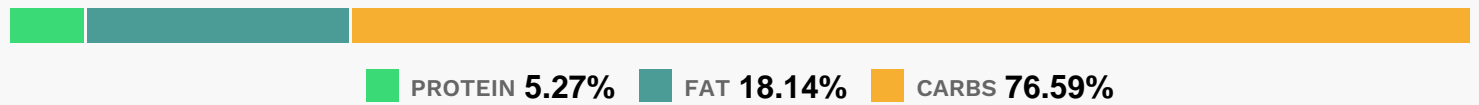
Drain pineapple, reserving juice. Chop pineapple and peaches.

Toss pineapple, peaches, kiwi, strawberries, brown sugar, spices and reserved juice in medium bowl.

Layer fruit alternately with whipped topping in 8 dessert dishes.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:13.29, Glycemic Load:2.85, Inflammation Score:-3, Nutrition Score:4.2865217768628%

Flavonoids

Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.54mg, Catechin: 2.54mg, Catechin: 2.54mg, Catechin: 2.54mg Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 81.1kcal (4.06%), Fat: 1.74g (2.67%), Saturated Fat: 1.29g (8.06%), Carbohydrates: 16.52g (5.51%), Net Carbohydrates: 14.75g (5.36%), Sugar: 14.13g (15.7%), Cholesterol: 0.22mg (0.08%), Sodium: 15.59mg (0.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.14g (2.27%), Vitamin C: 25.94mg (31.44%), Vitamin K: 9.45µg (9%), Fiber: 1.77g (7.09%), Manganese: 0.12mg (5.79%), Copper: 0.09mg (4.56%), Potassium: 153.22mg (4.38%), Vitamin E: 0.65mg (4.33%), Vitamin A: 175.87IU (3.52%), Magnesium: 12.69mg (3.17%), Folate: 12.24µg (3.06%), Vitamin B1: 0.04mg (2.93%), Phosphorus: 29.08mg (2.91%), Vitamin B3: 0.55mg (2.74%), Vitamin B6: 0.05mg (2.45%), Calcium: 24.03mg (2.4%), Vitamin B2: 0.04mg (2.11%), Selenium: 1.4µg (2%), Iron: 0.35mg (1.93%), Zinc:

0.18mg (1.2%), Vitamin B5: 0.12mg (1.2%)