



Grandma's Five Cup Salad

 Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



184 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

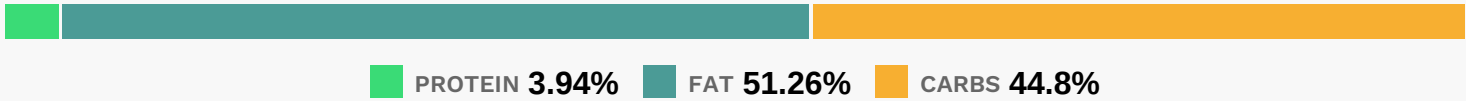
- ☐ 11 ounce mandarin orange segments drained canned
- ☐ 8 ounce pineapple crushed drained canned
- ☐ 1 cup coconut or flaked
- ☐ 2 cups marshmallows miniature
- ☐ 6 ounces cup heavy whipping cream sour

Equipment

Directions

- ☐ Combine the oranges, pineapple, marshmallows, coconut, and sour cream. Stir till mixed well. Refrigerate till cold.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:7.56, Glycemic Load:6.14, Inflammation Score:-5, Nutrition Score:4.9782608591992%

Nutrients (% of daily need)

Calories: 183.8kcal (9.19%), Fat: 11.05g (17%), Saturated Fat: 8.24g (51.49%), Carbohydrates: 21.74g (7.25%), Net Carbohydrates: 19.16g (6.97%), Sugar: 15.96g (17.74%), Cholesterol: 12.54mg (4.18%), Sodium: 22.75mg (0.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.82%), Vitamin C: 16.23mg (19.67%), Manganese: 0.29mg (14.75%), Vitamin A: 658.06IU (13.16%), Fiber: 2.58g (10.32%), Copper: 0.15mg (7.34%), Magnesium: 20.48mg (5.12%), Potassium: 173.06mg (4.94%), Vitamin B1: 0.07mg (4.93%), Selenium: 3.23µg (4.62%), Phosphorus: 45.32mg (4.53%), Vitamin B6: 0.08mg (3.95%), Vitamin B2: 0.06mg (3.79%), Zinc: 0.52mg (3.49%), Calcium: 33.83mg (3.38%), Iron: 0.58mg (3.23%), Vitamin B3: 0.35mg (1.74%), Vitamin B5: 0.16mg (1.57%), Folate: 5.72µg (1.43%), Vitamin E: 0.19mg (1.28%)