



Grape and Coconut Salad

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



337 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup coconut or shredded
- 8 ounce cream cheese fat-free softened
- 4 pounds grapes red seedless
- 8 ounce cup heavy whipping cream fat-free sour
- 1 teaspoon vanilla extract
- 0.3 cup sugar white

Equipment

- bowl

Directions

- Mix cream cheese, sour cream, sugar, and vanilla extract together in a bowl; fold in grapes, coconut, and pecans. Refrigerate for flavors to blend, at least 30 minutes.

Nutrition Facts

PROTEIN 10.46% **FAT 5.96%** **CARBS 83.58%**

Properties

Glycemic Index:21.02, Glycemic Load:31.71, Inflammation Score:-4, Nutrition Score:12.564347692158%

Nutrients (% of daily need)

Calories: 336.74kcal (16.84%), Fat: 2.39g (3.67%), Saturated Fat: 1.73g (10.79%), Carbohydrates: 75.35g (25.12%), Net Carbohydrates: 72.23g (26.27%), Sugar: 60.54g (67.27%), Cholesterol: 7.94mg (2.65%), Sodium: 325.76mg (14.16%), Alcohol: 0.23g (100%), Alcohol %: 0.07% (100%), Protein: 9.43g (18.86%), Vitamin K: 44.23µg (42.13%), Phosphorus: 299.14mg (29.91%), Vitamin B2: 0.37mg (21.89%), Potassium: 748.45mg (21.38%), Copper: 0.42mg (21.21%), Calcium: 210.97mg (21.1%), Vitamin B1: 0.24mg (16.13%), Manganese: 0.29mg (14.49%), Vitamin B6: 0.29mg (14.45%), Fiber: 3.12g (12.49%), Vitamin C: 9.82mg (11.91%), Magnesium: 34.77mg (8.69%), Vitamin B12: 0.47µg (7.87%), Iron: 1.27mg (7.08%), Zinc: 1.02mg (6.79%), Selenium: 4.67µg (6.68%), Vitamin A: 316IU (6.32%), Folate: 24.59µg (6.15%), Vitamin B5: 0.48mg (4.82%), Vitamin E: 0.59mg (3.95%), Vitamin B3: 0.71mg (3.54%)