



## Grape and Coconut Salad

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



379 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

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

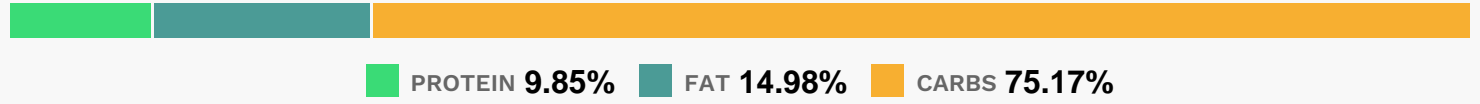
### Equipment

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



## Properties

Glycemic Index:22.68, Glycemic Load:31.74, Inflammation Score:-4, Nutrition Score:14.005217635113%

## Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg

## Nutrients (% of daily need)

Calories: 378.59kcal (18.93%), Fat: 6.75g (10.38%), Saturated Fat: 2.1g (13.13%), Carbohydrates: 76.19g (25.4%), Net Carbohydrates: 72.49g (26.36%), Sugar: 60.78g (67.53%), Cholesterol: 7.94mg (2.65%), Sodium: 325.76mg (14.16%), Alcohol: 0.23g (100%), Alcohol %: 0.07% (100%), Protein: 9.99g (19.97%), Vitamin K: 44.45µg (42.33%), Phosphorus: 315.92mg (31.59%), Manganese: 0.56mg (28.11%), Copper: 0.5mg (24.85%), Vitamin B2: 0.38mg (22.36%), Potassium: 773.28mg (22.09%), Calcium: 215.21mg (21.52%), Vitamin B1: 0.28mg (18.79%), Vitamin B6: 0.3mg (15.09%), Fiber: 3.7g (14.81%), Vitamin C: 9.89mg (11.99%), Magnesium: 42.09mg (10.52%), Zinc: 1.29mg (8.62%), Iron: 1.43mg (7.93%), Vitamin B12: 0.47µg (7.87%), Selenium: 4.9µg (7.01%), Folate: 25.92µg (6.48%), Vitamin A: 319.39IU (6.39%), Vitamin B5: 0.53mg (5.35%), Vitamin E: 0.68mg (4.52%), Vitamin B3: 0.78mg (3.9%)