

# Hawaiian Salad

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



236 kcal

DESSERT

## Ingredients

- 0.5 cup mayonnaise
- 0.8 cup dole pineapple tidbits with juice
- 6 cups the salad
- 4 ounces cheddar cheese shredded
- 1 tablespoon sugar

## Equipment

- bowl
- whisk

## Directions

- Drain pineapple, reserving 1 tablespoon juice. In a large bowl, combine the greens, pineapple and cheese. In a small bowl, whisk the mayonnaise, sugar and reserved pineapple juice.
- Pour over salad; toss to coat.

## Nutrition Facts

 PROTEIN **8.77%**  FAT **77.08%**  CARBS **14.15%**

## Properties

Glycemic Index:24.52, Glycemic Load:1.57, Inflammation Score:-5, Nutrition Score:6.343478285748%

## Nutrients (% of daily need)

Calories: 235.89kcal (11.79%), Fat: 20.46g (31.47%), Saturated Fat: 5.82g (36.37%), Carbohydrates: 8.45g (2.82%), Net Carbohydrates: 8.06g (2.93%), Sugar: 6.38g (7.09%), Cholesterol: 26.74mg (8.91%), Sodium: 252.85mg (10.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.23g (10.47%), Vitamin K: 31.09µg (29.61%), Vitamin C: 12.06mg (14.62%), Calcium: 145.07mg (14.51%), Vitamin A: 670.69IU (13.41%), Phosphorus: 108.15mg (10.82%), Selenium: 6.07µg (8.67%), Vitamin B2: 0.11mg (6.68%), Zinc: 0.84mg (5.57%), Folate: 21.18µg (5.3%), Vitamin E: 0.76mg (5.07%), Vitamin B12: 0.22µg (3.71%), Potassium: 123.8mg (3.54%), Magnesium: 14.13mg (3.53%), Vitamin B6: 0.07mg (3.44%), Vitamin B1: 0.05mg (3.3%), Manganese: 0.06mg (3.1%), Copper: 0.06mg (3.08%), Iron: 0.41mg (2.25%), Vitamin B5: 0.16mg (1.58%), Vitamin B3: 0.31mg (1.57%), Fiber: 0.38g (1.54%)