



Heavenly Fruit Salad

 Gluten Free

READY IN



190 min.

SERVINGS



10

CALORIES



164 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 medium banana sliced
- 0.5 cup knudsen cream sour
- 0.8 cup baker's angel flake coconut
- 6 lettuce leaves
- 1 cup marshmallows jet-puffed miniature
- 0.3 cup real mayo mayonnaise kraft
- 1 medium cranberry-orange relish peeled
- 8 oz pineapple chunks drained canned

Equipment

bowl

Directions

- Mix sour cream and mayo in large bowl.
- Stir in fruit and marshmallows; cover. Refrigerate several hours or overnight.
- Serve on lettuce-covered salad plates.
- Sprinkle with coconut.

Nutrition Facts



PROTEIN 3.25% **FAT 63.21%** **CARBS 33.54%**

Properties

Glycemic Index:20.78, Glycemic Load:4.31, Inflammation Score:-7, Nutrition Score:5.3747825897906%

Flavonoids

Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Hesperetin: 3.57mg, Hesperetin: 3.57mg, Hesperetin: 3.57mg, Hesperetin: 3.57mg Naringenin: 2.01mg, Naringenin: 2.01mg, Naringenin: 2.01mg, Naringenin: 2.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 163.95kcal (8.2%), Fat: 12.02g (18.49%), Saturated Fat: 5.7g (35.64%), Carbohydrates: 14.34g (4.78%), Net Carbohydrates: 12.24g (4.45%), Sugar: 9.83g (10.92%), Cholesterol: 9.92mg (3.31%), Sodium: 61.71mg (2.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.78%), Vitamin A: 1191.04IU (23.82%), Vitamin C: 12.92mg (15.66%), Manganese: 0.26mg (12.78%), Vitamin K: 12.58µg (11.98%), Fiber: 2.1g (8.42%), Vitamin B6: 0.11mg (5.36%), Potassium: 172.75mg (4.94%), Copper: 0.1mg (4.92%), Magnesium: 16.83mg (4.21%), Vitamin B1: 0.06mg (3.97%), Folate: 14.58µg (3.65%), Vitamin B2: 0.06mg (3.54%), Phosphorus: 34.03mg (3.4%), Selenium: 2.22µg (3.17%), Calcium: 28.66mg (2.87%), Iron: 0.48mg (2.69%), Vitamin E: 0.4mg (2.67%), Vitamin B5: 0.17mg (1.75%), Zinc: 0.26mg (1.72%), Vitamin B3: 0.29mg (1.45%)