



Instant Pistachio Salad

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



12

CALORIES



176 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 20 ounce pineapple crushed drained canned
- 3 ounce pistachio pudding mix instant
- 10.5 ounce marshmallows miniature
- 8 ounce non-dairy whipped topping frozen thawed

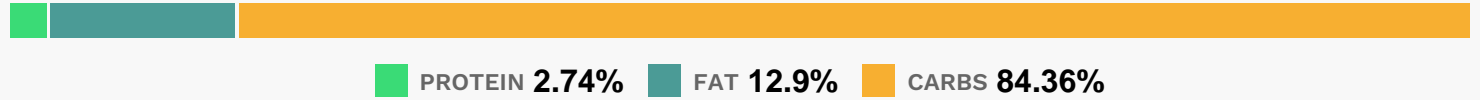
Equipment

- bowl

Directions

In a large bowl, combine the pineapple and dry pistachio pudding mix. Fold in thawed whipped topping and marshmallows until well mixed. Refrigerate until chilled and serve.

Nutrition Facts



Properties

Glycemic Index:5.04, Glycemic Load:12.19, Inflammation Score:-1, Nutrition Score:1.7865217485992%

Nutrients (% of daily need)

Calories: 176.29kcal (8.81%), Fat: 2.62g (4.03%), Saturated Fat: 2.18g (13.65%), Carbohydrates: 38.56g (12.85%), Net Carbohydrates: 37.92g (13.79%), Sugar: 32.07g (35.63%), Cholesterol: 0.38mg (0.13%), Sodium: 136.05mg (5.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.25g (2.51%), Phosphorus: 69.24mg (6.92%), Vitamin C: 4.44mg (5.38%), Copper: 0.08mg (4.15%), Vitamin B1: 0.05mg (3.49%), Fiber: 0.64g (2.56%), Potassium: 79.77mg (2.28%), Calcium: 22.57mg (2.26%), Magnesium: 8.98mg (2.24%), Vitamin B6: 0.04mg (2.01%), Vitamin B2: 0.03mg (1.72%), Selenium: 1.11µg (1.59%), Iron: 0.21mg (1.16%)