



## Layered Fruit Flag Salad

 Gluten Free

READY IN



40 min.

SERVINGS



12

CALORIES



211 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 2 cans dole pineapple tidbits (8 oz each)
- 2 medium banana sliced
- 6 cups strawberries fresh
- 18 oz yogurt yoplait®
- 1.5 cups cool whip frozen thawed
- 3 tablespoons powdered sugar
- 4 cups cantaloupe cubed drained well ()
- 3 cups blueberries fresh

- 2 cups marshmallows miniature

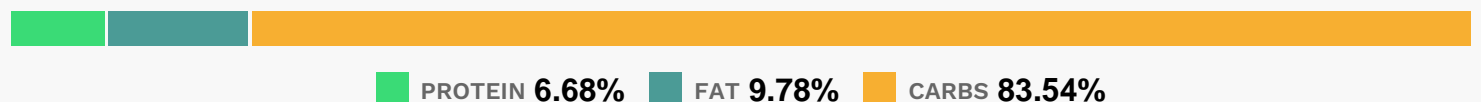
## Equipment

- bowl
- paper towels
- spatula
- glass baking pan

## Directions

- Drain pineapple, reserving juice in small bowl. Pat pineapple dry with paper towels to remove any excess liquid. Toss banana slices in pineapple liquid; drain well, discarding liquid. Reserve 18 to 20 strawberries for flag stripes; cut remaining strawberries into quarters.
- In medium bowl, mix yogurt, whipped topping and powdered sugar until well blended and smooth.
- In ungreased 13x9-inch (3-quart) glass baking dish, layer cantaloupe and quartered strawberries. Reserve 50 blueberries for flag stars.
- Layer remaining blueberries over strawberries. Top with bananas, pineapple and marshmallows. With pancake turner, press fruit lightly to even out top.
- Spread yogurt mixture evenly over fruit. If desired, at this point, salad can be covered and refrigerated up to 4 hours.
- If serving salad immediately, add topping; if salad is refrigerated, add topping up to 1 hour before serving.
- Sprinkle reserved blueberries in corner to resemble stars of flag.
- Cut reserved strawberries into quarters. Arrange strawberries in rows to resemble stripes of flag.

## Nutrition Facts



## Properties

Glycemic Index:23.48, Glycemic Load:12.72, Inflammation Score:-9, Nutrition Score:13.183043429385%

## Flavonoids

Cyanidin: 4.34mg, Cyanidin: 4.34mg, Cyanidin: 4.34mg, Cyanidin: 4.34mg Petunidin: 11.75mg, Petunidin: 11.75mg, Petunidin: 11.75mg, Petunidin: 11.75mg Delphinidin: 13.33mg, Delphinidin: 13.33mg, Delphinidin: 13.33mg, Delphinidin: 13.33mg Malvidin: 25.02mg, Malvidin: 25.02mg, Malvidin: 25.02mg, Malvidin: 25.02mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 7.54mg, Peonidin: 7.54mg, Peonidin: 7.54mg, Peonidin: 7.54mg Catechin: 5.4mg, Catechin: 5.4mg, Catechin: 5.4mg, Catechin: 5.4mg Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg Epicatechin: 0.54mg, Epicatechin: 0.54mg, Epicatechin: 0.54mg, Epicatechin: 0.54mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

## Nutrients (% of daily need)

Calories: 210.56kcal (10.53%), Fat: 2.47g (3.8%), Saturated Fat: 1.24g (7.77%), Carbohydrates: 47.51g (15.84%), Net Carbohydrates: 42.97g (15.62%), Sugar: 37.5g (41.66%), Cholesterol: 7.03mg (2.34%), Sodium: 51.25mg (2.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.8g (7.59%), Vitamin C: 62.53mg (75.79%), Vitamin A: 1950.61IU (39.01%), Manganese: 0.48mg (23.98%), Fiber: 4.54g (18.15%), Potassium: 486.26mg (13.89%), Vitamin B1: 0.19mg (12.38%), Vitamin B6: 0.24mg (12.14%), Vitamin B2: 0.2mg (11.67%), Copper: 0.23mg (11.55%), Magnesium: 43.99mg (11%), Vitamin K: 11.04µg (10.51%), Folate: 40.27µg (10.07%), Calcium: 96.47mg (9.65%), Phosphorus: 89.16mg (8.92%), Vitamin B3: 1.27mg (6.37%), Zinc: 0.8mg (5.35%), Iron: 0.96mg (5.34%), Vitamin B12: 0.3µg (4.93%), Selenium: 3.18µg (4.54%), Vitamin B5: 0.42mg (4.23%), Vitamin E: 0.52mg (3.46%)