



Layered Fruit Flag Salad



Gluten Free



Dairy Free



Popular

READY IN



40 min.

SERVINGS



12

CALORIES



204 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 medium banana sliced
- ☐ 3 cups blueberries fresh
- ☐ 4 cups cantaloupe cubed drained well ()
- ☐ 18 oz optional: lemon yoplait®
- ☐ 2 cups marshmallows miniature
- ☐ 2 cans dole pineapple tidbits (8 oz each)
- ☐ 3 tablespoons powdered sugar
- ☐ 6 cups strawberries fresh

☐ 1.5 cups non-dairy whipped topping frozen thawed

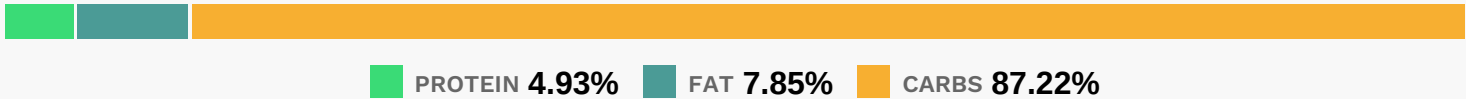
Equipment

- ☐ 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:24.02, Glycemic Load:13.05, Inflammation Score:-9, Nutrition Score:13.543913024923%

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 Eriodictyol: 9.08mg, Eriodictyol: 9.08mg, Eriodictyol: 9.08mg, Eriodictyol: 9.08mg Hesperetin: 11.86mg, Hesperetin: 11.86mg, Hesperetin: 11.86mg, Hesperetin: 11.86mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 203.98kcal (10.2%), Fat: 1.98g (3.04%), Saturated Fat: 1.16g (7.24%), Carbohydrates: 49.36g (16.45%), Net Carbohydrates: 43.66g (15.88%), Sugar: 37.29g (41.44%), Cholesterol: 0.19mg (0.06%), Sodium: 32.54mg (1.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.79g (5.58%), Vitamin C: 84.85mg (102.85%), Vitamin A: 1908.4IU (38.17%), Manganese: 0.49mg (24.54%), Fiber: 5.69g (22.77%), Potassium: 478.37mg (13.67%), Vitamin B6: 0.25mg (12.67%), Copper: 0.24mg (12.11%), Vitamin B1: 0.18mg (11.89%), Vitamin K: 11.22µg (10.69%), Magnesium: 42.2mg (10.55%), Folate: 40.66µg (10.16%), Iron: 1.2mg (6.68%), Vitamin B3: 1.26mg (6.3%), Vitamin B2: 0.1mg (5.7%), Phosphorus: 56.12mg (5.61%), Calcium: 52.6mg (5.26%), Vitamin E: 0.6mg (3.97%), Zinc: 0.56mg (3.71%), Vitamin B5: 0.34mg (3.39%), Selenium: 2.35µg (3.36%)