



Low-Fat Watergate Salad

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



10

CALORIES



73 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2.5 cups cool whip free whipped topping divided thawed
- 1 oz jell-o pistachio flavor pudding fat free sugar free instant
- 1 cup vanilla yogurt low-fat
- 8 oz pineapple in juice crushed undrained canned

Equipment

- bowl
- whisk

Directions

- Mix dry pudding mix, pineapple and yogurt in large bowl with whisk until well blended. Stir in 2 cups COOL WHIP.
- Refrigerate 1 hour.
- Serve topped with remaining COOL WHIP.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.5426087070095%

Nutrients (% of daily need)

Calories: 73.06kcal (3.65%), Fat: 1.29g (1.98%), Saturated Fat: 0.75g (4.68%), Carbohydrates: 14.23g (4.74%), Net Carbohydrates: 13.86g (5.04%), Sugar: 12.25g (13.61%), Cholesterol: 4.22mg (1.41%), Sodium: 70.75mg (3.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.77%), Vitamin B2: 0.17mg (10.05%), Vitamin B12: 0.41µg (6.8%), Phosphorus: 67.4mg (6.74%), Calcium: 66.11mg (6.61%), Vitamin B1: 0.06mg (4.08%), Potassium: 102.37mg (2.92%), Vitamin C: 2.33mg (2.82%), Selenium: 1.87µg (2.68%), Vitamin B6: 0.05mg (2.56%), Magnesium: 8.85mg (2.21%), Zinc: 0.29mg (1.91%), Folate: 7.02µg (1.75%), Copper: 0.03mg (1.68%), Fiber: 0.37g (1.48%), Vitamin B5: 0.14mg (1.36%), Vitamin A: 54.74IU (1.09%)