



Mami Elva's Fruit Salad



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



10

CALORIES



298 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 apples cored peeled chopped
- ☐ 2 bananas diced peeled
- ☐ 1 cup coconut or shredded
- ☐ 30.5 2 (15.25 ounce) cans fruit cocktail canned
- ☐ 2 granny smith apples cored peeled chopped
- ☐ 10 ounce maraschino cherries halved
- ☐ 7 ounce marshmallow crème
- ☐ 15 ounce pears drained chopped canned

☐ 1 cup walnuts chopped

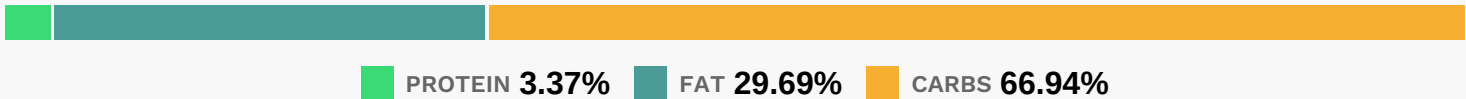
Equipment

☐ bowl

Directions

- ☐ In a large bowl, combine the fruit cocktail, pears, cherries, apples, bananas, walnuts and coconut.
- ☐ Fold in marshmallow cream, if too thick, add some reserved fruit juice.
- ☐ Mix well, chill and serve.

Nutrition Facts



Properties

Glycemic Index:24.05, Glycemic Load:7.61, Inflammation Score:-3, Nutrition Score:6.946086914643%

Flavonoids

Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.5mg, Catechin: 2.5mg, Catechin: 2.5mg, Catechin: 2.5mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 7.09mg, Epicatechin: 7.09mg, Epicatechin: 7.09mg, Epicatechin: 7.09mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg

Nutrients (% of daily need)

Calories: 297.57kcal (14.88%), Fat: 10.63g (16.36%), Saturated Fat: 3.16g (19.75%), Carbohydrates: 53.94g (17.98%), Net Carbohydrates: 47.82g (17.39%), Sugar: 39.03g (43.37%), Cholesterol: 0mg (0%), Sodium: 4.54mg (0.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.72g (5.44%), Manganese: 0.64mg (31.85%), Fiber: 6.12g (24.48%), Copper: 0.34mg (16.82%), Vitamin B6: 0.2mg (9.95%), Vitamin C: 7.7mg (9.34%), Magnesium: 35.32mg (8.83%), Potassium: 300.46mg (8.58%), Phosphorus: 69.01mg (6.9%), Folate: 23.52µg (5.88%), Iron: 0.89mg (4.95%), Vitamin B1: 0.07mg (4.7%), Zinc: 0.63mg (4.22%), Vitamin K: 4.43µg (4.22%), Vitamin B2: 0.07mg (3.94%),

Calcium: 37.45mg (3.75%), Vitamin B5: 0.25mg (2.52%), Selenium: 1.73µg (2.47%), Vitamin B3: 0.48mg (2.39%),
Vitamin E: 0.34mg (2.24%), Vitamin A: 86.49IU (1.73%)