



## Mandarin Orange Salad

READY IN



45 min.

SERVINGS



8

CALORIES



526 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

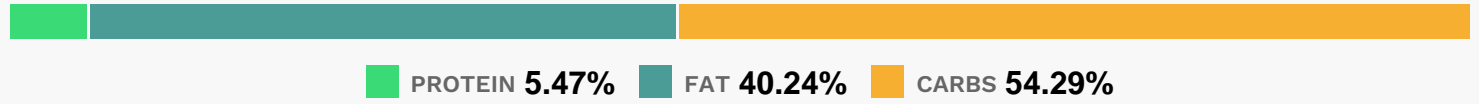
- 0.3 pound butter melted
- 50 buttery round crackers crushed
- 22 ounce mandarin orange segments drained canned
- 6 ounce orange juice concentrate frozen canned
- 14 ounce condensed milk sweetened canned
- 8 ounce non-dairy whipped topping frozen thawed
- 0.5 cup sugar white

### Equipment

## Directions

- Mix together the cracker crumbs, butter and sugar; press into the bottom of a 9x13 inch dish.
- Stir together the orange juice, condensed milk, oranges and whipped topping.
- Pour over cracker crumbs, sprinkle remaining crumb mixture over top. Refrigerate until chilled.

## Nutrition Facts



## Properties

Glycemic Index:22.64, Glycemic Load:25.19, Inflammation Score:-8, Nutrition Score:13.373913161133%

## Nutrients (% of daily need)

Calories: 525.86kcal (26.29%), Fat: 24g (36.93%), Saturated Fat: 14.25g (89.07%), Carbohydrates: 72.87g (24.29%), Net Carbohydrates: 71.29g (25.92%), Sugar: 60.44g (67.15%), Cholesterol: 47.91mg (15.97%), Sodium: 345.45mg (15.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.35g (14.69%), Vitamin C: 58.55mg (70.97%), Vitamin A: 1611.1IU (32.22%), Phosphorus: 222.63mg (22.26%), Calcium: 210.86mg (21.09%), Vitamin B2: 0.35mg (20.6%), Vitamin B1: 0.26mg (17.4%), Potassium: 478.42mg (13.67%), Selenium: 9.5µg (13.57%), Vitamin K: 11.66µg (11.1%), Folate: 40.5µg (10.13%), Vitamin E: 1.45mg (9.66%), Magnesium: 34.75mg (8.69%), Vitamin B3: 1.63mg (8.16%), Zinc: 1.07mg (7.14%), Iron: 1.25mg (6.95%), Vitamin B6: 0.13mg (6.57%), Fiber: 1.58g (6.32%), Vitamin B5: 0.58mg (5.76%), Manganese: 0.11mg (5.75%), Vitamin B12: 0.3µg (4.98%), Copper: 0.08mg (3.95%)