



## Maple Syrup Salad

 **Gluten Free**

READY IN



**15 min.**

SERVINGS



**10**

CALORIES



**369 kcal**

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 20 ounce pineapple crushed drained canned
- 8 ounce cream cheese softened
- 1 cup dates chopped
- 1 cup maple syrup
- 1 cup walnuts chopped
- 8 ounce non-dairy whipped topping frozen thawed

## Equipment

- bowl

## Directions

In a large bowl, mix together the cream cheese and maple syrup until blended. Stir in the pineapple, dates and walnuts. Fold in the whipped topping. Chill at least 1 to 2 hours. This salad can be frozen.

## Nutrition Facts



## Properties

Glycemic Index:13.55, Glycemic Load:13.54, Inflammation Score:-4, Nutrition Score:9.4326086407122%

## Flavonoids

Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

## Nutrients (% of daily need)

Calories: 369.11kcal (18.46%), Fat: 18.52g (28.49%), Saturated Fat: 7.87g (49.19%), Carbohydrates: 49.75g (16.58%), Net Carbohydrates: 47.05g (17.11%), Sugar: 43.21g (48.01%), Cholesterol: 23.36mg (7.79%), Sodium: 91.54mg (3.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.5g (9.01%), Manganese: 1.18mg (59.05%), Vitamin B2: 0.52mg (30.63%), Copper: 0.28mg (14.17%), Magnesium: 43.7mg (10.93%), Fiber: 2.7g (10.79%), Calcium: 99.47mg (9.95%), Potassium: 343.63mg (9.82%), Phosphorus: 94.61mg (9.46%), Vitamin B1: 0.14mg (9.09%), Vitamin B6: 0.15mg (7.34%), Vitamin A: 353.53IU (7.07%), Vitamin C: 5.54mg (6.72%), Zinc: 0.82mg (5.48%), Selenium: 3.74µg (5.34%), Folate: 19.82µg (4.95%), Iron: 0.73mg (4.07%), Vitamin B5: 0.28mg (2.83%), Vitamin B3: 0.55mg (2.74%), Vitamin E: 0.41mg (2.73%), Vitamin K: 2.31µg (2.2%), Vitamin B12: 0.1µg (1.59%)