



Marshmallow and Fruit Salad

 **Gluten Free**  **Dairy Free**

READY IN



50 min.

SERVINGS



8

CALORIES



218 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 bananas sliced
- 15.5 ounce mandarin orange segents with liquid reserved drained canned
- 1 kiwis peeled sliced
- 3 ounce lemon pudding mix
- 3 cups marshmallows miniature
- 0.5 cup pecans chopped
- 1 cup strawberries sliced

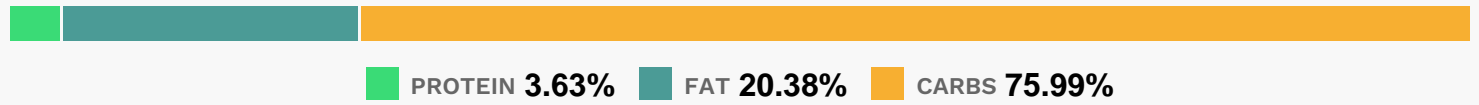
Equipment

bowl

Directions

- Stir pudding mix and reserved liquid from mandarin oranges together in a large bowl until smooth.
- Stir marshmallows, banana slices, strawberry slices, kiwi slices, and pecans into the pudding mix.
- Chill 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:27.24, Glycemic Load:15.2, Inflammation Score:-6, Nutrition Score:8.203043481578%

Flavonoids

Cyanidin: 1.03mg, Cyanidin: 1.03mg, Cyanidin: 1.03mg, Cyanidin: 1.03mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.55mg, Delphinidin: 0.55mg, Delphinidin: 0.55mg, Delphinidin: 0.55mg Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 3.75mg, Catechin: 3.75mg, Catechin: 3.75mg, Catechin: 3.75mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 217.9kcal (10.9%), Fat: 5.27g (8.1%), Saturated Fat: 0.49g (3.06%), Carbohydrates: 44.18g (14.73%), Net Carbohydrates: 40.99g (14.9%), Sugar: 22.9g (25.45%), Cholesterol: 0mg (0%), Sodium: 72.73mg (3.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.11g (4.22%), Vitamin C: 41.63mg (50.46%), Manganese: 0.51mg (25.54%), Vitamin A: 764.84IU (15.3%), Fiber: 3.19g (12.78%), Vitamin B6: 0.22mg (10.84%), Copper: 0.18mg (9.17%), Potassium: 312.58mg (8.93%), Magnesium: 31.19mg (7.8%), Vitamin B1: 0.12mg (7.68%), Vitamin K: 5.44µg (5.18%), Folate: 20.56µg (5.14%), Zinc: 0.72mg (4.78%), Phosphorus: 44.65mg (4.47%), Vitamin B2: 0.07mg (3.98%), Vitamin

B3: 0.75mg (3.73%), Iron: 0.6mg (3.32%), Vitamin E: 0.42mg (2.81%), Vitamin B5: 0.25mg (2.54%), Calcium: 21.53mg (2.15%), Selenium: 1.45µg (2.07%)