



Marshmallow Fruit Salad

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

READY IN



10 min.

SERVINGS



6

CALORIES



196 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup apples coarsely chopped
- 1 cup marshmallows jet-puffed miniature
- 0.5 cup cranberry-orange relish seedless peeled coarsely chopped
- 0.3 cup planters pecan pieces
- 16 oz berry cranberry sauce whole canned

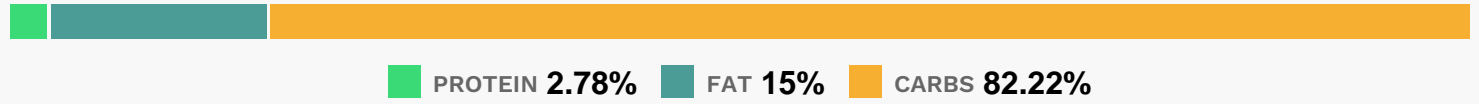
Equipment

- bowl

Directions

- Mix all ingredients except marshmallows in medium bowl; cover.
- Refrigerate until ready to serve.
- Stir in marshmallows just before serving.

Nutrition Facts



Properties

Glycemic Index:24.17, Glycemic Load:5.47, Inflammation Score:-2, Nutrition Score:3.1273913020673%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 1.61mg, Epicatechin: 1.61mg, Epicatechin: 1.61mg, Epicatechin: 1.61mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Hesperetin: 4.09mg, Hesperetin: 4.09mg, Hesperetin: 4.09mg, Hesperetin: 4.09mg Naringenin: 2.3mg, Naringenin: 2.3mg, Naringenin: 2.3mg, Naringenin: 2.3mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 2.06mg, Myricetin: 2.06mg, Myricetin: 2.06mg, Myricetin: 2.06mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 195.97kcal (9.8%), Fat: 3.45g (5.31%), Saturated Fat: 0.3g (1.87%), Carbohydrates: 42.59g (14.2%), Net Carbohydrates: 40.46g (14.71%), Sugar: 32.59g (36.21%), Cholesterol: 0mg (0%), Sodium: 10.65mg (0.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.88%), Manganese: 0.26mg (13.07%), Vitamin C: 9.74mg (11.81%), Fiber: 2.14g (8.54%), Vitamin E: 0.83mg (5.54%), Copper: 0.09mg (4.73%), Vitamin B1: 0.06mg (3.87%), Iron: 0.48mg (2.69%), Potassium: 89.65mg (2.56%), Magnesium: 9.72mg (2.43%), Phosphorus: 20.66mg (2.07%), Vitamin B2: 0.03mg (1.96%), Vitamin B6: 0.04mg (1.9%), Folate: 6.96µg (1.74%), Zinc: 0.25mg (1.67%), Vitamin K: 1.68µg (1.6%), Vitamin A: 79.29IU (1.59%), Calcium: 12.95mg (1.29%)