

Millionaire Salad

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



151 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 ounce carton cream sour low-fat
- ☐ 22 ounce mandarin oranges in syrup light drained canned
- ☐ 2 cups marshmallows miniature
- ☐ 20 ounce pineapple in juice crushed drained canned
- ☐ 1 cup coconut or sweetened flaked
- ☐ 8 ounce carton yogurt plain fat-free

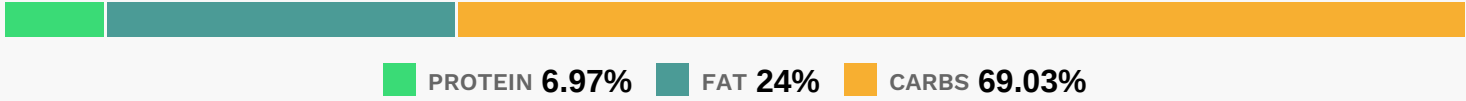
Equipment

- ☐ bowl

Directions

☐ Combine all ingredients in a large bowl. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:8.54, Glycemic Load:6.6, Inflammation Score:-4, Nutrition Score:5.1295652311781%

Flavonoids

Hesperetin: 4.13mg, Hesperetin: 4.13mg, Hesperetin: 4.13mg, Hesperetin: 4.13mg Naringenin: 5.21mg, Naringenin: 5.21mg, Naringenin: 5.21mg, Naringenin: 5.21mg

Nutrients (% of daily need)

Calories: 150.98kcal (7.55%), Fat: 4.25g (6.54%), Saturated Fat: 3.17g (19.8%), Carbohydrates: 27.5g (9.17%), Net Carbohydrates: 25.24g (9.18%), Sugar: 21.15g (23.5%), Cholesterol: 6.99mg (2.33%), Sodium: 58.61mg (2.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.78g (5.56%), Vitamin C: 18.66mg (22.62%), Calcium: 92.08mg (9.21%), Fiber: 2.26g (9.04%), Vitamin A: 440.88IU (8.82%), Potassium: 259.12mg (7.4%), Phosphorus: 64.54mg (6.45%), Vitamin B1: 0.1mg (6.41%), Vitamin B2: 0.1mg (5.69%), Magnesium: 22.58mg (5.65%), Copper: 0.11mg (5.36%), Vitamin B6: 0.09mg (4.61%), Manganese: 0.09mg (4.49%), Selenium: 2.79µg (3.98%), Folate: 15.32µg (3.83%), Vitamin B12: 0.19µg (3.24%), Zinc: 0.42mg (2.77%), Vitamin B5: 0.24mg (2.44%), Vitamin B3: 0.42mg (2.11%), Iron: 0.37mg (2.04%), Vitamin E: 0.17mg (1.13%)