



Momma Lamb's Famous Fruit Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



304 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 bananas
- ☐ 15 ounce mandarin orange segments drained canned
- ☐ 5 ounce vanilla pudding mix instant
- ☐ 10 ounce maraschino cherries drained
- ☐ 20 ounce pineapple chunks canned

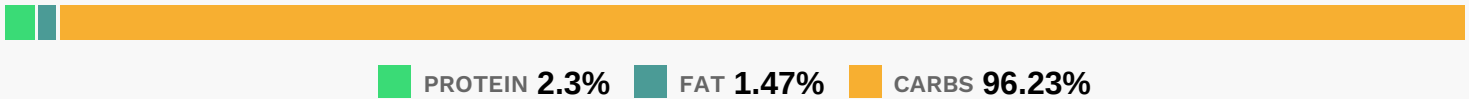
Equipment

- ☐ bowl

Directions

- ☐ Drain all of the juice from the pineapple into a large bowl. Set the pineapple chunks aside.
- ☐ Add the vanilla pudding mix to the pineapple juice and mix well until smooth. Stir in the pineapple chunks, mandarin oranges, and maraschino cherries.
- ☐ Mix well. Refrigerate for at least 30 minutes.
- ☐ Just before serving slice the bananas into the bowl and fold in.

Nutrition Facts



Properties

Glycemic Index:9.13, Glycemic Load:6.53, Inflammation Score:-7, Nutrition Score:8.6508695664613%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 303.64kcal (15.18%), Fat: 0.52g (0.8%), Saturated Fat: 0.12g (0.73%), Carbohydrates: 76.76g (25.59%), Net Carbohydrates: 71.49g (26%), Sugar: 63.6g (70.66%), Cholesterol: 0mg (0%), Sodium: 156.98mg (6.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.83g (3.66%), Vitamin C: 38.04mg (46.11%), Fiber: 5.27g (21.07%), Vitamin A: 1036.14IU (20.72%), Vitamin B6: 0.32mg (16.01%), Potassium: 439.43mg (12.56%), Copper: 0.25mg (12.44%), Vitamin B1: 0.18mg (11.8%), Magnesium: 39.79mg (9.95%), Manganese: 0.17mg (8.34%), Calcium: 53.27mg (5.33%), Vitamin B2: 0.09mg (5.17%), Folate: 20.07µg (5.02%), Vitamin B3: 0.98mg (4.89%), Iron: 0.83mg (4.62%), Zinc: 0.69mg (4.57%), Phosphorus: 29.28mg (2.93%), Selenium: 1.56µg (2.23%), Vitamin B5: 0.22mg (2.23%), Vitamin K: 1.67µg (1.59%), Vitamin E: 0.21mg (1.39%)