



Nanny's Grape Salad

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



305 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 ounce cream cheese softened
- 1 cup pecans chopped
- 2 pounds grapes red seedless
- 1 teaspoon vanilla extract
- 0.3 cup sugar white

Equipment

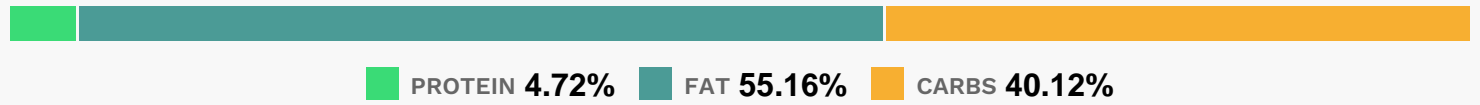
- bowl
- frying pan

hand mixer

Directions

- Place pecans in a skillet over medium-low heat; cook and stir until pecans are toasted and fragrant, 3 to 5 minutes.
- Remove from heat and pour into a heatproof bowl; stir to prevent nuts from overcooking.
- Beat sugar, cream cheese, and vanilla extract together with an electric mixer in a bowl until smooth. Fold in pecans and grapes. Stir gently until grapes are coated.

Nutrition Facts



Properties

Glycemic Index:19.14, Glycemic Load:15.27, Inflammation Score:-4, Nutrition Score:7.6369565880817%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg

Nutrients (% of daily need)

Calories: 305.14kcal (15.26%), Fat: 19.77g (30.42%), Saturated Fat: 6.63g (41.44%), Carbohydrates: 32.35g (10.78%), Net Carbohydrates: 30.02g (10.92%), Sugar: 27.56g (30.63%), Cholesterol: 28.63mg (9.54%), Sodium: 91.41mg (3.97%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Protein: 3.81g (7.62%), Manganese: 0.7mg (34.91%), Vitamin K: 17.63µg (16.79%), Copper: 0.31mg (15.68%), Vitamin B1: 0.17mg (11.65%), Vitamin B2: 0.16mg (9.67%), Fiber: 2.33g (9.31%), Vitamin A: 463.21IU (9.26%), Phosphorus: 90.78mg (9.08%), Potassium: 310.78mg (8.88%), Vitamin B6: 0.14mg (7.11%), Magnesium: 27.04mg (6.76%), Zinc: 0.84mg (5.6%), Calcium: 48.51mg (4.85%), Vitamin C: 3.78mg (4.58%), Selenium: 3.12µg (4.46%), Iron: 0.79mg (4.38%), Vitamin E: 0.65mg (4.33%), Vitamin B5: 0.34mg (3.36%), Vitamin B3: 0.4mg (2%), Folate: 7.82µg (1.95%), Vitamin B12: 0.06µg (1.04%)