



## No Bake Candy Apple Salad

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

READY IN



15 min.

SERVINGS



8

CALORIES



286 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 16 ounce pineapple crushed canned
- 3 chocolate-coated caramel-peanut nougat candy bars cut into bite-size pieces snickers® (such as )
- 4 granny smith apples cored peeled cut into bite-size pieces
- 0.8 cup peanuts
- 8 ounce non-dairy whipped topping frozen thawed cool whip® (such as )

### Equipment

- bowl

# Directions

Mix crushed pineapple, Granny Smith apples, whipped topping, candy bars, and peanuts in a bowl.

# Nutrition Facts



**PROTEIN 7.7%**   **FAT 45.58%**   **CARBS 46.72%**

## Properties

Glycemic Index:8.66, Glycemic Load:4.29, Inflammation Score:-4, Nutrition Score:9.0099999334501%

## Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

## Nutrients (% of daily need)

Calories: 285.65kcal (14.28%), Fat: 15.2g (23.38%), Saturated Fat: 6.85g (42.82%), Carbohydrates: 35.06g (11.69%), Net Carbohydrates: 29.69g (10.8%), Sugar: 26.76g (29.73%), Cholesterol: 0.88mg (0.29%), Sodium: 27mg (1.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.4mg (2.8%), Protein: 5.77g (11.55%), Manganese: 0.6mg (29.89%), Fiber: 5.37g (21.46%), Copper: 0.4mg (19.83%), Magnesium: 64.71mg (16.18%), Vitamin B3: 2.56mg (12.81%), Phosphorus: 120.41mg (12.04%), Vitamin B1: 0.17mg (11.66%), Iron: 2.08mg (11.56%), Vitamin C: 9.52mg (11.53%), Potassium: 373.22mg (10.66%), Folate: 39.27µg (9.82%), Vitamin B6: 0.14mg (6.86%), Calcium: 56.83mg (5.68%), Vitamin B2: 0.09mg (5.16%), Zinc: 0.76mg (5.06%), Vitamin K: 4.07µg (3.88%), Selenium: 2.61µg (3.72%), Vitamin B5: 0.34mg (3.42%), Vitamin E: 0.38mg (2.53%), Vitamin A: 102.56IU (2.05%), Vitamin B12: 0.09µg (1.43%)