



## Orange Cream Fruit Salad

 Vegetarian  Gluten Free

READY IN



130 min.

SERVINGS



10

CALORIES



207 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 apples cored peeled sliced
- 2 bananas sliced
- 3.5 ounce vanilla pudding mix instant
- 11 ounce mandarin orange segments canned
- 1.5 cups milk
- 0.3 cup orange juice concentrate frozen thawed
- 15 ounce peaches drained sliced canned
- 20 ounce dole pineapple tidbits drained canned

0.8 cup cup heavy whipping cream sour

## Equipment

- bowl
- mixing bowl
- hand mixer

## Directions

- In a medium mixing bowl, combine pudding mix, milk, and orange juice concentrate. Beat with an electric mixer on medium speed for 2 minutes.
- Mix in sour cream.
- In a large salad bowl, combine fruits. Gently mix in orange dressing. Cover, and refrigerate for 2 hours.

## Nutrition Facts



## Properties

Glycemic Index:20.7, Glycemic Load:6.9, Inflammation Score:-6, Nutrition Score:7.9239130745763%

## Flavonoids

Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg Catechin: 3.77mg, Catechin: 3.77mg, Catechin: 3.77mg, Catechin: 3.77mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 2.37mg, Epicatechin: 2.37mg, Epicatechin: 2.37mg, Epicatechin: 2.37mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Hesperetin: 2.48mg, Hesperetin: 2.48mg, Hesperetin: 2.48mg, Hesperetin: 2.48mg Naringenin: 3.12mg, Naringenin: 3.12mg, Naringenin: 3.12mg, Naringenin: 3.12mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

## Nutrients (% of daily need)

Calories: 206.61kcal (10.33%), Fat: 4.96g (7.64%), Saturated Fat: 2.49g (15.59%), Carbohydrates: 40.27g (13.42%), Net Carbohydrates: 37.13g (13.5%), Sugar: 32.76g (36.4%), Cholesterol: 14.57mg (4.86%), Sodium: 90.06mg (3.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.11g (6.22%), Vitamin C: 32.17mg (39%), Fiber: 3.14g (12.56%), Vitamin A: 606.92IU (12.14%), Potassium: 415.91mg (11.88%), Vitamin B6: 0.23mg (11.28%), Vitamin B1:

0.15mg (9.77%), Vitamin B2: 0.16mg (9.15%), Calcium: 91.12mg (9.11%), Phosphorus: 82.8mg (8.28%), Magnesium: 32.36mg (8.09%), Copper: 0.14mg (7.07%), Folate: 23.97µg (5.99%), Manganese: 0.12mg (5.84%), Vitamin B3: 0.95mg (4.76%), Vitamin B5: 0.47mg (4.7%), Selenium: 2.85µg (4.07%), Vitamin B12: 0.23µg (3.9%), Vitamin E: 0.58mg (3.87%), Zinc: 0.44mg (2.95%), Iron: 0.48mg (2.69%), Vitamin D: 0.4µg (2.68%), Vitamin K: 2.6µg (2.47%)