



Orange Tapioca Salad

 Gluten Free  Dairy Free

READY IN



170 min.

SERVINGS



8

CALORIES



222 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15 ounce mandarin orange segments drained canned
- ☐ 8 ounce pineapple crushed drained canned
- ☐ 3 ounce tapioca pudding mix instant
- ☐ 3.4 ounce vanilla pudding mix instant
- ☐ 3 ounce jell-o® mix orange flavored
- ☐ 3 cups water
- ☐ 8 ounce non-dairy whipped topping frozen thawed

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring the water to a boil in a large saucepan.
- ☐ Whisk in the orange gelatin mix, vanilla pudding mix and tapioca pudding mix. Return to a boil and cook for 1 minute, stirring constantly.
- ☐ Remove from the heat and allow to cool completely. Fold in mandarin oranges, pineapple and whipped topping.
- ☐ Transfer to a serving bowl and refrigerate for at least 2 hours. Fluff the top using a spoon before serving.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:3.8099999554941%

Nutrients (% of daily need)

Calories: 222.28kcal (11.11%), Fat: 3.81g (5.87%), Saturated Fat: 3.22g (20.12%), Carbohydrates: 45.81g (15.27%), Net Carbohydrates: 44.74g (16.27%), Sugar: 33.82g (37.58%), Cholesterol: 0.57mg (0.19%), Sodium: 153.84mg (6.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.52%), Vitamin C: 20.68mg (25.07%), Vitamin A: 732.55IU (14.65%), Vitamin B1: 0.08mg (5.45%), Phosphorus: 44.04mg (4.4%), Fiber: 1.08g (4.31%), Copper: 0.08mg (4.21%), Potassium: 139.23mg (3.98%), Calcium: 34.63mg (3.46%), Magnesium: 13.18mg (3.3%), Vitamin B2: 0.05mg (3.17%), Selenium: 1.83µg (2.61%), Vitamin B6: 0.05mg (2.49%), Zinc: 0.35mg (2.34%), Vitamin B3: 0.35mg (1.73%), Iron: 0.27mg (1.53%), Vitamin E: 0.23mg (1.51%), Folate: 5.24µg (1.31%), Vitamin K: 1.11µg (1.05%)