



Pineapple Fruit and Rice Salad

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



305 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup rice instant uncooked
- ☐ 0.5 cup yogurt fat free 99% yoplait® (from two 6-oz containers)
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 cup non-dairy whipped topping frozen thawed ()
- ☐ 1 medium apples unpeeled coarsely chopped
- ☐ 1 medium pears unpeeled coarsely chopped
- ☐ 1 cup cashew pieces seedless

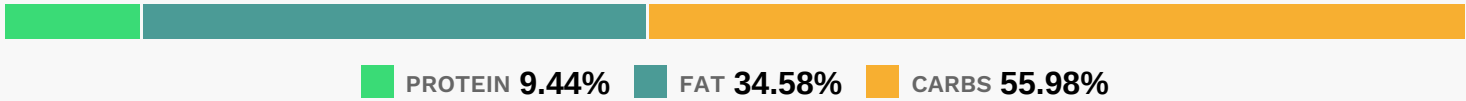
Equipment

- ☐ bowl
- ☐ sieve
- ☐ colander

Directions

- ☐ Cook rice as directed on package.
- ☐ Place cooked rice in wire mesh strainer or colander with small holes. Rinse with cold water to chill; drain well.
- ☐ In large bowl, mix yogurt and cinnamon. Fold in whipped topping. Gently stir in rice and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:29.86, Glycemic Load:18.9, Inflammation Score:-4, Nutrition Score:9.5221741050482%

Flavonoids

Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 3.4mg, Epicatechin: 3.4mg, Epicatechin: 3.4mg, Epicatechin: 3.4mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 304.78kcal (15.24%), Fat: 12.03g (18.5%), Saturated Fat: 3.58g (22.4%), Carbohydrates: 43.81g (14.6%), Net Carbohydrates: 41g (14.91%), Sugar: 11.26g (12.51%), Cholesterol: 2.9mg (0.97%), Sodium: 23.12mg (1.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.39g (14.78%), Manganese: 0.73mg (36.58%), Copper: 0.58mg (28.78%), Phosphorus: 198.55mg (19.85%), Magnesium: 77.46mg (19.36%), Selenium: 9.72µg (13.88%), Zinc: 1.76mg (11.7%), Fiber: 2.8g (11.21%), Iron: 1.8mg (10.01%), Vitamin K: 9.8µg (9.34%), Vitamin B1: 0.13mg (8.65%), Vitamin B6: 0.17mg (8.52%), Potassium: 288.86mg (8.25%), Vitamin B5: 0.61mg (6.11%), Calcium: 55.49mg (5.55%), Vitamin B2:

0.08mg (4.91%), Vitamin B3: 0.83mg (4.13%), Vitamin C: 2.88mg (3.5%), Folate: 12.64µg (3.16%), Vitamin E: 0.39mg (2.63%), Vitamin B12: 0.1µg (1.68%), Vitamin A: 53.51IU (1.07%)