



## Pineapple Walnut Salad

 Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



230 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 8 ounce pineapple crushed drained canned
- 4 ounces cream cheese
- 1 tablespoon vanilla extract
- 1 cup walnuts
- 8 ounce non-dairy whipped topping frozen thawed

### Equipment

## Directions

- Blend together the pineapple, cream cheese and vanilla. Stir in nuts, fold in whipped topping and chill before serving.

## Nutrition Facts

**PROTEIN 6.93%** **FAT 69.2%** **CARBS 23.87%**

## Properties

Glycemic Index:5.88, Glycemic Load:0.42, Inflammation Score:-3, Nutrition Score:5.1752173952434%

## Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg

## Nutrients (% of daily need)

Calories: 230.45kcal (11.52%), Fat: 18.16g (27.93%), Saturated Fat: 6.97g (43.54%), Carbohydrates: 14.09g (4.7%), Net Carbohydrates: 12.74g (4.63%), Sugar: 11.85g (13.17%), Cholesterol: 14.88mg (4.96%), Sodium: 65.64mg (2.85%), Alcohol: 0.56g (100%), Alcohol %: 0.81% (100%), Protein: 4.09g (8.18%), Manganese: 0.5mg (25.23%), Copper: 0.27mg (13.47%), Phosphorus: 88.83mg (8.88%), Magnesium: 30.82mg (7.7%), Vitamin B1: 0.09mg (5.86%), Vitamin B6: 0.11mg (5.69%), Fiber: 1.35g (5.39%), Calcium: 52.92mg (5.29%), Vitamin B2: 0.09mg (5.15%), Vitamin A: 228.45IU (4.57%), Folate: 17.88µg (4.47%), Potassium: 149.4mg (4.27%), Selenium: 2.73µg (3.9%), Zinc: 0.58mg (3.88%), Vitamin C: 2.86mg (3.46%), Iron: 0.55mg (3.06%), Vitamin E: 0.37mg (2.48%), Vitamin K: 1.8µg (1.71%), Vitamin B5: 0.16mg (1.65%), Vitamin B3: 0.29mg (1.46%), Vitamin B12: 0.09µg (1.46%)