



Pistachio and Pecan Salad

 **Gluten Free**

READY IN



45 min.

SERVINGS



16

CALORIES



186 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 ounce pineapple crushed canned
- 8 ounce cream cheese softened
- 3 ounce pistachio pudding mix instant
- 2 cups marshmallows miniature
- 1 cup milk
- 1 cup pecans chopped
- 8 ounce non-dairy whipped topping frozen thawed cool whip® (such as)

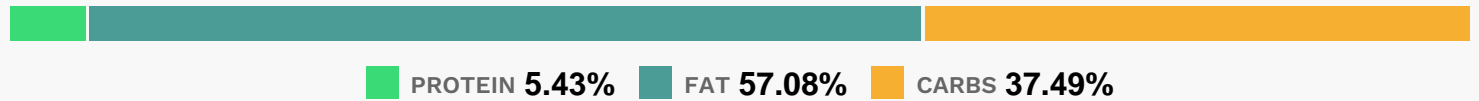
Equipment

bowl

Directions

- Mix milk and pudding mix in a bowl; stir cream cheese into pudding mixture. Fold whipped topping into pudding mixture.
- Mix marshmallows, pecans, and pineapple into pudding mixture. Refrigerate until flavors combine, at least 30 minutes.

Nutrition Facts



Properties

Glycemic Index:8.47, Glycemic Load:3.58, Inflammation Score:-2, Nutrition Score:3.5913043721862%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

Nutrients (% of daily need)

Calories: 186.01kcal (9.3%), Fat: 12.19g (18.75%), Saturated Fat: 5.2g (32.48%), Carbohydrates: 18.01g (6%), Net Carbohydrates: 17.17g (6.24%), Sugar: 15.44g (17.16%), Cholesterol: 16.43mg (5.48%), Sodium: 142.25mg (6.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.21%), Manganese: 0.31mg (15.46%), Phosphorus: 98.9mg (9.89%), Copper: 0.11mg (5.6%), Calcium: 50.43mg (5.04%), Vitamin B1: 0.07mg (4.95%), Vitamin A: 236.57IU (4.73%), Vitamin B2: 0.08mg (4.69%), Magnesium: 14.65mg (3.66%), Fiber: 0.84g (3.38%), Selenium: 2.31µg (3.3%), Zinc: 0.48mg (3.17%), Potassium: 102.36mg (2.92%), Vitamin B12: 0.14µg (2.38%), Vitamin B6: 0.05mg (2.27%), Vitamin E: 0.3mg (2%), Vitamin B5: 0.2mg (1.98%), Vitamin C: 1.41mg (1.71%), Iron: 0.26mg (1.43%), Vitamin D: 0.17µg (1.12%), Vitamin K: 1.14µg (1.09%)