



Pistachio Fluff Fruit Salad

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



8

CALORIES



293 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 large banana sliced
- 11 ounce mandarin oranges drained canned
- 20 ounce pineapple rings with juice crushed canned
- 15.3 ounce fruit cocktail drained canned
- 3 ounce pistachio pudding mix instant
- 2 cups marshmallows miniature
- 12 ounce non-dairy whipped topping frozen thawed

Equipment

mixing bowl

Directions

Dump instant pudding into a large mixing bowl.

Add pineapple, and mix well.

Mix in whipped topping. Stir in bananas, marshmallows, fruit cocktail, and mandarin oranges. Cover, and refrigerate until thoroughly chilled.

Nutrition Facts



PROTEIN 3.58% **FAT 17.34%** **CARBS 79.08%**

Properties

Glycemic Index:21.28, Glycemic Load:14.04, Inflammation Score:-6, Nutrition Score:7.0813043532164%

Flavonoids

Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 293.48kcal (14.67%), Fat: 5.9g (9.08%), Saturated Fat: 4.91g (30.68%), Carbohydrates: 60.59g (20.2%), Net Carbohydrates: 57.76g (21.01%), Sugar: 52.11g (57.9%), Cholesterol: 0.85mg (0.28%), Sodium: 200.05mg (8.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.48%), Vitamin C: 23.86mg (28.92%), Vitamin A: 712.71IU (14.25%), Phosphorus: 130.09mg (13.01%), Vitamin B6: 0.23mg (11.57%), Fiber: 2.83g (11.3%), Potassium: 355.56mg (10.16%), Copper: 0.18mg (9.12%), Vitamin B1: 0.14mg (9.05%), Manganese: 0.17mg (8.61%), Magnesium: 30.13mg (7.53%), Vitamin B2: 0.1mg (6.08%), Calcium: 52.8mg (5.28%), Vitamin B3: 0.86mg (4.3%), Vitamin E: 0.59mg (3.94%), Folate: 15.31µg (3.83%), Iron: 0.62mg (3.45%), Selenium: 2.36µg (3.37%), Vitamin K: 3.44µg (3.28%), Zinc: 0.43mg (2.87%), Vitamin B5: 0.15mg (1.5%), Vitamin B12: 0.09µg (1.45%)