



## Pistachio Marshmallow Salad

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

READY IN



10 min.

SERVINGS



8

CALORIES



178 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 8 ounce pineapple crushed canned
- 3 ounce pistachio pudding mix instant
- 0.5 cup marshmallows miniature
- 0.5 cup walnuts chopped
- 8 ounce non-dairy whipped topping frozen thawed

### Equipment

- bowl

## Directions

- Mix pineapple with juice and pudding mix in a large bowl.
- Mix whipped topping and marshmallows in another bowl and spread over pudding mixture; sprinkle with walnuts. Cover and refrigerate until ready to serve.

## Nutrition Facts



## Properties

Glycemic Index:10.06, Glycemic Load:1.64, Inflammation Score:-1, Nutrition Score:3.2186956431555%

## Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg

## Nutrients (% of daily need)

Calories: 178.35kcal (8.92%), Fat: 8.58g (13.2%), Saturated Fat: 3.7g (23.14%), Carbohydrates: 24.52g (8.17%), Net Carbohydrates: 23.66g (8.6%), Sugar: 22.6g (25.11%), Cholesterol: 0.57mg (0.19%), Sodium: 176.54mg (7.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.16g (4.33%), Manganese: 0.25mg (12.49%), Phosphorus: 123.46mg (12.35%), Copper: 0.16mg (8.12%), Magnesium: 17.96mg (4.49%), Vitamin B1: 0.06mg (3.98%), Fiber: 0.86g (3.45%), Vitamin C: 2.76mg (3.35%), Vitamin B6: 0.07mg (3.33%), Calcium: 33.2mg (3.32%), Potassium: 97.47mg (2.78%), Vitamin B2: 0.05mg (2.67%), Folate: 9.47µg (2.37%), Zinc: 0.29mg (1.94%), Selenium: 1.28µg (1.83%), Iron: 0.33mg (1.83%), Vitamin E: 0.2mg (1.34%), Vitamin K: 1.31µg (1.25%)