



Pistachio-Pineapple Mallow Dessert

 Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



15

CALORIES



176 kcal

Ingredients

- 3.4 oz jell-o pistachio flavor pudding instant
- 3 maraschino cherries with stems
- 3.3 cups marshmallows jet-puffed miniature divided
- 20 oz pineapple in juice crushed undrained canned
- 0.5 cup planters walnuts chopped
- 16 oz cool whip whipped topping thawed

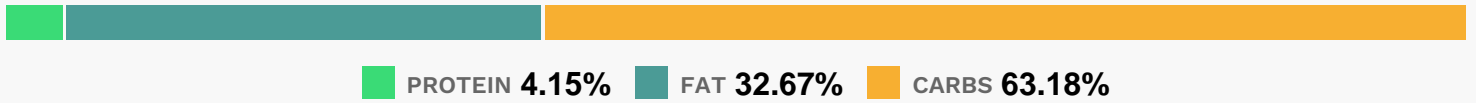
Equipment

- bowl

Directions

- Combine dry pudding mix, pineapple, nuts and 1 cup marshmallows in large bowl. Gently stir in 1 tub COOL WHIP.
- Add 2 cups of the remaining marshmallows to remaining COOL WHIP in separate bowl; mix lightly.
- Layer half each of the pudding mixture and marshmallow mixture in large serving bowl; repeat layers. Top with remaining marshmallows and cherries. Refrigerate 1 hour.

Nutrition Facts



Properties

Glycemic Index:5.37, Glycemic Load:5.38, Inflammation Score:-1, Nutrition Score:2.597826094731%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg

Nutrients (% of daily need)

Calories: 176.25kcal (8.81%), Fat: 6.61g (10.17%), Saturated Fat: 3.69g (23.08%), Carbohydrates: 28.75g (9.58%), Net Carbohydrates: 27.95g (10.17%), Sugar: 25.23g (28.03%), Cholesterol: 0.6mg (0.2%), Sodium: 123.53mg (5.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.78%), Phosphorus: 84.72mg (8.47%), Manganese: 0.13mg (6.71%), Copper: 0.12mg (6.17%), Vitamin C: 3.6mg (4.37%), Vitamin B1: 0.06mg (3.88%), Magnesium: 14.27mg (3.57%), Calcium: 32.98mg (3.3%), Fiber: 0.8g (3.18%), Vitamin B6: 0.06mg (2.79%), Potassium: 96.13mg (2.75%), Vitamin B2: 0.04mg (2.52%), Selenium: 1.3µg (1.86%), Folate: 6.73µg (1.68%), Iron: 0.28mg (1.55%), Zinc: 0.2mg (1.33%), Vitamin K: 1.36µg (1.29%), Vitamin E: 0.19mg (1.25%), Vitamin B12: 0.06µg (1.03%)