



Pistachio Salad

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



12

CALORIES



213 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 16 ounces non-dairy whipped topping
- 3.4 ounces pistachio pudding mix instant
- 6 drops drop natural food coloring green
- 3 cups marshmallows miniature
- 20 ounces dole pineapple tidbits undrained canned
- 0.5 cup pistachios chopped
- 1 serving non-dairy whipped topping

Equipment

bowl

Directions

- In a large bowl, combine the whipped topping and pudding mix. If desired, add food coloring. Fold in the mini marshmallows and pineapple. Editor's Tip: The extra food coloring makes pistachio salad a perfect green food to celebrate St. Patrick's Day.
- Cover the bowl, and refrigerate for at least two hours. This allows the pistachio salad to set for the optimal texture. Just before serving, top the large bowl or individual serving dishes with additional whipped topping if desired, and sprinkle with nuts.

Nutrition Facts

 **PROTEIN 4.83%**  **FAT 30.59%**  **CARBS 64.58%**

Properties

Glycemic Index:6.54, Glycemic Load:6.3, Inflammation Score:-1, Nutrition Score:3.3273913303147%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 212.69kcal (10.63%), Fat: 7.45g (11.46%), Saturated Fat: 4.64g (29.02%), Carbohydrates: 35.4g (11.8%), Net Carbohydrates: 34.24g (12.45%), Sugar: 30.8g (34.22%), Cholesterol: 0.76mg (0.25%), Sodium: 153.76mg (6.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.3%), Phosphorus: 114.3mg (11.43%), Copper: 0.14mg (7.03%), Vitamin B1: 0.1mg (6.71%), Vitamin B6: 0.13mg (6.54%), Vitamin C: 4.73mg (5.73%), Fiber: 1.15g (4.62%), Potassium: 151.27mg (4.32%), Calcium: 41.38mg (4.14%), Magnesium: 16.29mg (4.07%), Vitamin B2: 0.05mg (3.23%), Manganese: 0.06mg (3.12%), Selenium: 1.73µg (2.48%), Iron: 0.4mg (2.23%), Vitamin E: 0.32mg (2.13%), Folate: 6.25µg (1.56%), Vitamin K: 1.56µg (1.49%), Vitamin A: 73.3IU (1.47%), Zinc: 0.21mg (1.39%), Vitamin B12: 0.08µg (1.3%), Vitamin B3: 0.25mg (1.25%)