



## Pudding Fruit Salad

 Gluten Free

READY IN



20 min.

SERVINGS



9

CALORIES



122 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 4 oz vanilla pudding refrigerated
- 0.5 cup cool whip frozen thawed
- 1 cup grapes green seedless halved
- 1 cup marshmallows miniature
- 11 oz mandarin orange segments drained canned
- 8 oz dole pineapple tidbits drained canned
- 1 cup strawberries fresh sliced

## Equipment

bowl

## Directions

- In medium bowl, mix pudding and whipped topping.
- Gently stir in grapes, marshmallows, oranges and pineapple.
- Add strawberries; toss gently to coat.
- Serve immediately or store in refrigerator up to 8 hours.

## Nutrition Facts

 **PROTEIN 2.8%**  **FAT 3.36%**  **CARBS 93.84%**

## Properties

Glycemic Index:20.94, Glycemic Load:6.09, Inflammation Score:-3, Nutrition Score:3.6091304162274%

## Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Pelargonidin: 3.98mg, Pelargonidin: 3.98mg, Pelargonidin: 3.98mg, Pelargonidin: 3.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Hesperetin: 2.75mg, Hesperetin: 2.75mg, Hesperetin: 2.75mg, Hesperetin: 2.75mg Naringenin: 3.51mg, Naringenin: 3.51mg, Naringenin: 3.51mg, Naringenin: 3.51mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

## Nutrients (% of daily need)

Calories: 121.81kcal (6.09%), Fat: 0.48g (0.74%), Saturated Fat: 0.16g (1.01%), Carbohydrates: 30.13g (10.04%), Net Carbohydrates: 28.61g (10.41%), Sugar: 24.51g (27.24%), Cholesterol: 0.67mg (0.22%), Sodium: 88.89mg (3.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.8%), Vitamin C: 21.57mg (26.14%), Fiber: 1.52g (6.08%), Vitamin A: 268.85IU (5.38%), Vitamin B1: 0.07mg (4.5%), Manganese: 0.09mg (4.43%), Potassium: 152.59mg (4.36%), Copper: 0.08mg (3.97%), Vitamin B6: 0.07mg (3.66%), Vitamin B2: 0.06mg (3.56%), Folate: 11.74µg (2.94%), Magnesium: 11.64mg (2.91%), Vitamin K: 2.99µg (2.85%), Calcium: 26.39mg (2.64%), Phosphorus: 19.42mg (1.94%), Vitamin B3: 0.31mg (1.57%), Iron: 0.27mg (1.51%), Vitamin B5: 0.1mg (1.04%), Vitamin E: 0.16mg (1.04%), Vitamin B12: 0.06µg (1.03%)