



## Pudding Fruit Salad

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



9

CALORIES



125 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

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

## 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 **2.74%**  FAT **5.6%**  CARBS **91.66%**

## Properties

Glycemic Index:20.94, Glycemic Load:6.09, Inflammation Score:-3, Nutrition Score:3.4726086654093%

## 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: 124.93kcal (6.25%), Fat: 0.82g (1.26%), Saturated Fat: 0.51g (3.2%), Carbohydrates: 30.08g (10.03%), Net Carbohydrates: 28.57g (10.39%), Sugar: 24.83g (27.59%), Cholesterol: 0.08mg (0.03%), Sodium: 88.89mg (3.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.8%), Vitamin C: 21.57mg (26.14%), Fiber: 1.5g (6.01%), Vitamin A: 264.64IU (5.29%), Manganese: 0.09mg (4.43%), Potassium: 152.3mg (4.35%), Vitamin B1: 0.06mg (4.14%), Copper: 0.08mg (3.95%), Vitamin B6: 0.07mg (3.44%), Vitamin K: 3.11µg (2.96%), Magnesium: 11.6mg (2.9%), Folate: 11.16µg (2.79%), Calcium: 24.84mg (2.48%), Vitamin B2: 0.04mg (2.26%), Phosphorus: 19.67mg (1.97%), Iron: 0.28mg (1.53%), Vitamin B3: 0.3mg (1.52%), Vitamin E: 0.17mg (1.16%), Vitamin B5: 0.1mg (1.04%)