

# Red Grape Salad

 **Gluten Free**

READY IN



**15 min.**

SERVINGS



**12**

CALORIES



**218 kcal**

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 6 ounces cream cheese softened
- 1 cup cup heavy whipping cream
- 3 cups marshmallows miniature
- 2 tablespoons mayonnaise
- 20 ounces dole pineapple tidbits canned
- 2 cups grapes red seedless halved

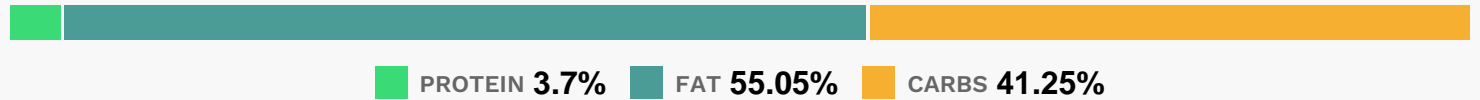
## Equipment

- bowl

## Directions

- Drain the pineapple, reserving 2 tablespoons juice; set pineapple aside. In a bowl, beat juice, cream cheese and mayonnaise until fluffy. Stir in pineapple, marshmallows and grapes. Fold in whipped cream.
- Serve immediately or refrigerate.

## Nutrition Facts



## Properties

Glycemic Index:15.29, Glycemic Load:8.35, Inflammation Score:-4, Nutrition Score:3.4656522014867%

## Nutrients (% of daily need)

Calories: 218.38kcal (10.92%), Fat: 13.9g (21.38%), Saturated Fat: 7.72g (48.26%), Carbohydrates: 23.43g (7.81%), Net Carbohydrates: 22.58g (8.21%), Sugar: 18.96g (21.07%), Cholesterol: 37.71mg (12.57%), Sodium: 75.66mg (3.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.1g (4.21%), Vitamin A: 523.67IU (10.47%), Vitamin K: 8.74µg (8.32%), Vitamin C: 5.37mg (6.5%), Vitamin B2: 0.1mg (5.76%), Copper: 0.1mg (4.99%), Vitamin B1: 0.07mg (4.88%), Potassium: 145.3mg (4.15%), Calcium: 37.48mg (3.75%), Phosphorus: 36.5mg (3.65%), Vitamin B6: 0.07mg (3.63%), Fiber: 0.85g (3.41%), Selenium: 2.29µg (3.28%), Magnesium: 11.79mg (2.95%), Vitamin E: 0.44mg (2.92%), Vitamin D: 0.32µg (2.15%), Iron: 0.29mg (1.62%), Vitamin B5: 0.15mg (1.49%), Folate: 5.18µg (1.29%), Zinc: 0.19mg (1.28%), Vitamin B12: 0.07µg (1.1%), Vitamin B3: 0.22mg (1.08%), Manganese: 0.02mg (1.04%)