



## Rosa Marina Fruit Salad

 Dairy Free

READY IN



540 min.

SERVINGS



24

CALORIES



190 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 30 ounce mandarin orange segments drained canned
- 16 ounce pineapple crushed drained canned
- 2 large eggs
- 3 tablespoons flour all-purpose
- 4 ounce maraschino cherries halved drained
- 16 ounce rosa marina pasta (orzo)
- 16 ounce pineapple chunks with juice reserved drained canned
- 16 ounce non-dairy whipped topping cool whip® (such as )

0.8 cup sugar white

## Equipment

bowl

sauce pan

pot

## Directions

Bring a large pot of lightly salted water to a boil. Cook orzo in the boiling water, stirring occasionally until cooked through but firm to the bite, about 11 minutes.

Drain and transfer to a large bowl.

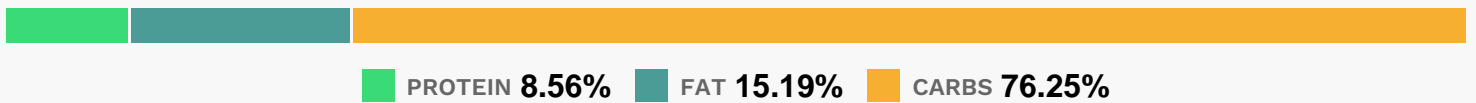
Add mandarin oranges, pineapple chunks, crushed pineapple, and maraschino cherries to orzo.

Combine juice from mandarin oranges, juice from pineapple chunks, juice from crushed pineapple, sugar, eggs, and flour in a saucepan over low heat; cook, stirring often, until sauce is thickened, 5 to 7 minutes.

Remove sauce from heat and cool, about 30 minutes.

Pour cooled sauce over orzo mixture and toss to coat. Refrigerate until flavors blend, 8 hours to overnight. Fold whipped topping into orzo mixture before serving.

## Nutrition Facts



## Properties

Glycemic Index:7.8, Glycemic Load:10.55, Inflammation Score:-5, Nutrition Score:5.4756521556688%

## Nutrients (% of daily need)

Calories: 189.83kcal (9.49%), Fat: 3.25g (5%), Saturated Fat: 2.33g (14.54%), Carbohydrates: 36.74g (12.25%), Net Carbohydrates: 35.05g (12.74%), Sugar: 21.37g (23.74%), Cholesterol: 15.88mg (5.29%), Sodium: 23.08mg (1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.12g (8.24%), Selenium: 14.34µg (20.48%), Vitamin C: 15.57mg (18.87%), Vitamin A: 522.44IU (10.45%), Manganese: 0.18mg (9.08%), Fiber: 1.7g (6.79%), Vitamin B1: 0.1mg (6.64%), Phosphorus: 65.65mg (6.57%), Copper: 0.12mg (6.15%), Magnesium: 21.8mg (5.45%), Potassium: 164.17mg (4.69%), Vitamin B2: 0.07mg (4.24%), Vitamin B6: 0.08mg (4.1%), Zinc: 0.58mg (3.89%), Iron: 0.61mg (3.37%), Vitamin B3:

0.66mg (3.32%), Calcium: 32.78mg (3.28%), Folate: 11.3µg (2.83%), Vitamin B5: 0.15mg (1.52%), Vitamin E: 0.22mg (1.48%), Vitamin B12: 0.07µg (1.25%)