



Strawberry Delight Dessert Salad

 **Gluten Free**  **Dairy Free**

READY IN



60 min.

SERVINGS



8

CALORIES



381 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 11 ounce mandarin oranges drained canned
- 45.8 ounce fruit cocktail drained canned
- 2 cups grapes
- 2 cups marshmallows miniature
- 6 ounce strawberry gelatin flavored
- 16 ounce non-dairy whipped topping frozen thawed

Equipment

- bowl

Directions

- In a large bowl, combine the thawed whipped topping, gelatin, fruit cocktail, oranges, grapes and marshmallows.
- Mix together well and refrigerate until chilled. Stir again before serving.

Nutrition Facts



Properties

Glycemic Index:20.19, Glycemic Load:21.55, Inflammation Score:-6, Nutrition Score:7.3243478121965%

Nutrients (% of daily need)

Calories: 381.04kcal (19.05%), Fat: 7.64g (11.76%), Saturated Fat: 6.45g (40.33%), Carbohydrates: 77.49g (25.83%), Net Carbohydrates: 75.05g (27.29%), Sugar: 70.53g (78.36%), Cholesterol: 1.13mg (0.38%), Sodium: 162.34mg (7.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.8g (9.59%), Vitamin C: 17.5mg (21.22%), Vitamin A: 915.52IU (18.31%), Manganese: 0.27mg (13.42%), Copper: 0.22mg (11.01%), Vitamin K: 11.54µg (10.99%), Phosphorus: 102.61mg (10.26%), Fiber: 2.44g (9.77%), Potassium: 328.79mg (9.39%), Vitamin E: 1.22mg (8.16%), Vitamin B2: 0.13mg (7.6%), Vitamin B6: 0.14mg (7.19%), Vitamin B1: 0.1mg (6.78%), Calcium: 59.45mg (5.94%), Selenium: 4µg (5.72%), Magnesium: 19.68mg (4.92%), Vitamin B3: 0.93mg (4.64%), Iron: 0.82mg (4.58%), Zinc: 0.44mg (2.95%), Folate: 10.03µg (2.51%), Vitamin B12: 0.11µg (1.89%), Vitamin B5: 0.12mg (1.21%)