



## Summertime Tropical Fruit Salad

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



531 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 8 ounce cream cheese room temperature
- 2 kiwi fruit peeled sliced
- 2 mandarin orange segments peeled
- 1 mangos cubed peeled seeded
- 7 ounce marshmallow creme
- 1 papaya cubed peeled seeded
- 0.5 pineapple fresh cored cubed peeled
- 1 tablespoon vanilla extract

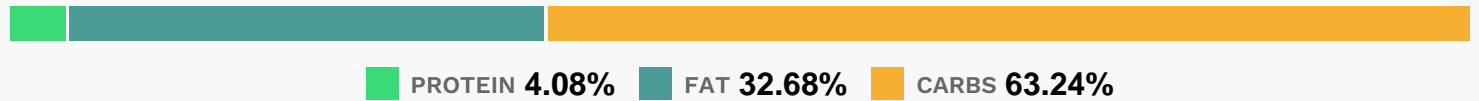
# Equipment

- bowl
- hand mixer

# Directions

- In a large bowl, gently toss together the mango, papaya, oranges, kiwis and pineapple.
- In a medium bowl, blend cream cheese, marshmallow and vanilla extract on medium speed with an electric mixer until smooth and creamy. Topping can be poured over fruit or left in a separate bowl for dipping.

# Nutrition Facts



# Properties

Glycemic Index:72.71, Glycemic Load:21.02, Inflammation Score:-9, Nutrition Score:19.05260859365%

# Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Hesperetin: 3.49mg, Hesperetin: 3.49mg, Hesperetin: 3.49mg, Hesperetin: 3.49mg Naringenin: 4.41mg, Naringenin: 4.41mg, Naringenin: 4.41mg, Naringenin: 4.41mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

# Nutrients (% of daily need)

Calories: 530.61kcal (26.53%), Fat: 20.37g (31.34%), Saturated Fat: 11.6g (72.52%), Carbohydrates: 88.72g (29.57%), Net Carbohydrates: 82.86g (30.13%), Sugar: 65.98g (73.32%), Cholesterol: 57.27mg (19.09%), Sodium: 189.21mg (8.23%), Alcohol: 1.12g (100%), Alcohol %: 0.32% (100%), Protein: 5.72g (11.44%), Vitamin C: 164.93mg (199.92%), Manganese: 1.19mg (59.36%), Vitamin A: 2448.24IU (48.96%), Folate: 94.71µg (23.68%), Fiber: 5.86g (23.44%), Vitamin K: 24.47µg (23.3%), Potassium: 591.35mg (16.9%), Vitamin B6: 0.31mg (15.59%), Copper: 0.31mg (15.4%), Vitamin B2: 0.24mg (13.95%), Magnesium: 52.76mg (13.19%), Vitamin E: 1.88mg (12.56%), Calcium: 123.16mg

(12.32%), Vitamin B1: 0.17mg (11.5%), Phosphorus: 109.03mg (10.9%), Vitamin B5: 0.99mg (9.91%), Selenium: 5.89µg (8.42%), Vitamin B3: 1.58mg (7.91%), Iron: 0.84mg (4.68%), Zinc: 0.62mg (4.16%), Vitamin B12: 0.12µg (2.08%)