



## Sweet Pineapple Salad

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



118 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 banana sliced
- 11 oz mandarin orange segments drained canned
- 0.5 cup baker's angel flake coconut toasted
- 1 cup marshmallows jet-puffed miniature
- 2 cups pineapple chunks fresh

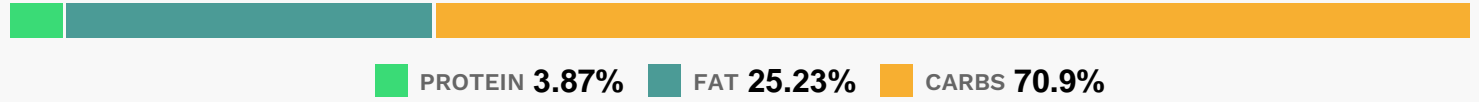
### Equipment

- bowl

## Directions

- Mix all ingredients in large bowl.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:14.41, Glycemic Load:4.7, Inflammation Score:-5, Nutrition Score:4.6617391744386%

## Flavonoids

Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 118.37kcal (5.92%), Fat: 3.57g (5.49%), Saturated Fat: 3.07g (19.16%), Carbohydrates: 22.57g (7.52%), Net Carbohydrates: 20.08g (7.3%), Sugar: 17.44g (19.38%), Cholesterol: 0mg (0%), Sodium: 9.65mg (0.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.23g (2.47%), Vitamin C: 20.14mg (24.41%), Vitamin A: 550.44IU (11.01%), Fiber: 2.49g (9.97%), Manganese: 0.19mg (9.31%), Copper: 0.14mg (6.96%), Vitamin B1: 0.1mg (6.83%), Vitamin B6: 0.13mg (6.57%), Potassium: 208.32mg (5.95%), Magnesium: 22.05mg (5.51%), Iron: 0.5mg (2.78%), Zinc: 0.4mg (2.65%), Vitamin B2: 0.04mg (2.39%), Vitamin B3: 0.48mg (2.38%), Selenium: 1.63µg (2.33%), Phosphorus: 23.12mg (2.31%), Folate: 8.4µg (2.1%), Calcium: 16.45mg (1.64%)