



Taffy Apple Salad IV

 Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



363 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 cups apple without peel diced
- ☐ 15 ounce pineapple crushed drained canned
- ☐ 1 eggs beaten
- ☐ 1 tablespoon flour all-purpose
- ☐ 4 cups marshmallows miniature
- ☐ 1 cup peanuts spanish chopped
- ☐ 8 ounce non-dairy whipped topping frozen thawed
- ☐ 0.5 cup sugar white

☐ 1.5 tablespoons citrus champagne vinegar

Equipment

☐ sauce pan

Directions

- ☐ Mix together the pineapple and marshmallows; set aside.
- ☐ In a saucepan, combine the reserved pineapple syrup, sugar, flour, egg and vinegar.
- ☐ Mix together well and cook over medium heat until slightly thickened. Set aside to cool.
- ☐ Add the whipped topping, pineapple mixture, apples and 3/4 cup peanuts.
- ☐ Mix together well and refrigerate until chilled.
- ☐ Sprinkle top with extra 1/4 cup peanuts.

Nutrition Facts



Properties

Glycemic Index:31.48, Glycemic Load:23.4, Inflammation Score:-4, Nutrition Score:8.0608695693638%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 363.23kcal (18.16%), Fat: 13.53g (20.81%), Saturated Fat: 4.8g (30.02%), Carbohydrates: 57.85g (19.28%), Net Carbohydrates: 54.25g (19.73%), Sugar: 46.04g (51.16%), Cholesterol: 21.03mg (7.01%), Sodium: 53.61mg (2.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.26g (14.51%), Manganese: 0.51mg (25.5%), Vitamin B3: 3.21mg (16.04%), Fiber: 3.6g (14.4%), Vitamin B1: 0.2mg (13.39%), Copper: 0.27mg (13.37%), Folate: 53.27µg (13.32%), Magnesium: 48.09mg (12.02%), Phosphorus: 114.79mg (11.48%), Vitamin C: 7.17mg (8.69%), Potassium: 291.67mg

(8.33%), Vitamin B6: 0.14mg (6.94%), Selenium: 4.71µg (6.73%), Iron: 1.16mg (6.46%), Vitamin B2: 0.11mg (6.23%), Calcium: 55.05mg (5.51%), Vitamin B5: 0.44mg (4.41%), Zinc: 0.58mg (3.85%), Vitamin K: 2.33µg (2.22%), Vitamin A: 102.57IU (2.05%), Vitamin E: 0.3mg (1.97%), Vitamin B12: 0.11µg (1.76%)