



## Watergate Salad

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

READY IN



75 min.

SERVINGS



15

CALORIES



97 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 3.4 oz jell-o pistachio flavor pudding instant
- 1 cup marshmallows jet-puffed miniature
- 0.5 cup planters pecans chopped
- 20 oz pineapple in juice crushed undrained canned
- 1.5 cups cool whip whipped topping thawed

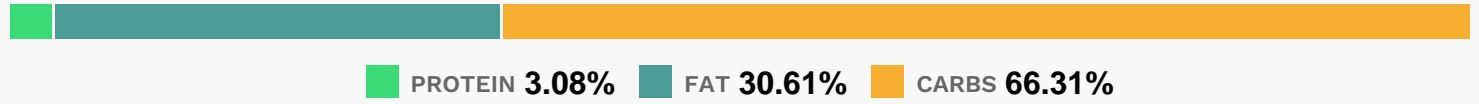
### Equipment

- bowl

## Directions

- Combine first 4 ingredients in large bowl.
- Stir in COOL WHIP.
- Refrigerate 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:4.7, Glycemic Load:1.65, Inflammation Score:-1, Nutrition Score:2.0056521801845%

## Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

## Nutrients (% of daily need)

Calories: 97.11kcal (4.86%), Fat: 3.45g (5.3%), Saturated Fat: 1.08g (6.78%), Carbohydrates: 16.79g (5.6%), Net Carbohydrates: 15.98g (5.81%), Sugar: 15.18g (16.87%), Cholesterol: 0.15mg (0.05%), Sodium: 101.04mg (4.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.78g (1.56%), Manganese: 0.15mg (7.44%), Phosphorus: 62.91mg (6.29%), Copper: 0.09mg (4.5%), Vitamin C: 3.59mg (4.35%), Vitamin B1: 0.06mg (4.13%), Fiber: 0.81g (3.25%), Magnesium: 10.32mg (2.58%), Potassium: 68.91mg (1.97%), Vitamin B6: 0.04mg (1.85%), Calcium: 14.55mg (1.46%), Zinc: 0.2mg (1.33%), Vitamin B2: 0.02mg (1.22%), Iron: 0.21mg (1.14%)