



Watergate Salad from DOLE®



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



143 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 serving pistachio flavor pudding mix instant
- ☐ 1 cup marshmallows miniature
- ☐ 0.5 cup pecans chopped
- ☐ 20 ounce dole® pineapple crushed undrained canned
- ☐ 1.5 cups non-dairy whipped topping thawed

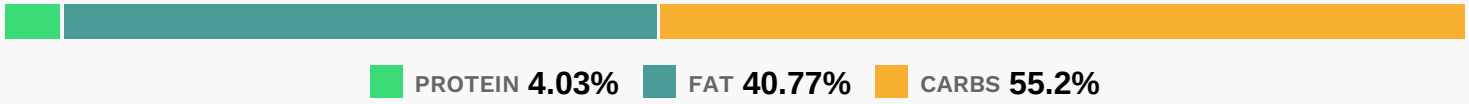
Equipment

- ☐ bowl

Directions

- ☐ Mix dry pudding mix, crushed pineapple, marshmallows and pecans in large bowl until well blended. Gently stir in whipped topping; cover.
- ☐ Refrigerate 1 hour or until ready to serve.

Nutrition Facts



Properties

Glycemic Index:8.81, Glycemic Load:3.1, Inflammation Score:-1, Nutrition Score:3.501304373793%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg

Nutrients (% of daily need)

Calories: 142.86kcal (7.14%), Fat: 6.84g (10.52%), Saturated Fat: 2.02g (12.63%), Carbohydrates: 20.84g (6.95%), Net Carbohydrates: 19.26g (7%), Sugar: 17.76g (19.73%), Cholesterol: 0.28mg (0.09%), Sodium: 23.04mg (1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.04%), Manganese: 0.31mg (15.35%), Copper: 0.17mg (8.28%), Vitamin C: 6.74mg (8.17%), Vitamin B1: 0.12mg (8.01%), Fiber: 1.58g (6.33%), Magnesium: 19.99mg (5%), Phosphorus: 38.26mg (3.83%), Potassium: 130.39mg (3.73%), Vitamin B6: 0.07mg (3.52%), Zinc: 0.4mg (2.64%), Calcium: 26.34mg (2.63%), Iron: 0.4mg (2.22%), Vitamin B2: 0.04mg (2.15%), Vitamin B3: 0.3mg (1.5%), Selenium: 0.99µg (1.41%), Folate: 5.53µg (1.38%), Vitamin E: 0.18mg (1.2%), Vitamin K: 1.19µg (1.13%)