



Yogurt Fruit Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



152 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

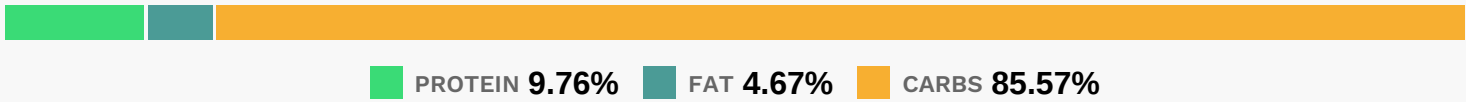
- ☐ 11 ounce mandarin orange segents drained canned
- ☐ 1 cup marshmallows miniature
- ☐ 8 ounce pineapple chunks drained canned
- ☐ 8 ounce vanilla yogurt

Equipment

Directions

Combine all ingredients, tossing gently; chill.

Nutrition Facts



Properties

Glycemic Index:15.13, Glycemic Load:6.14, Inflammation Score:-7, Nutrition Score:7.0547826095768%

Nutrients (% of daily need)

Calories: 151.59kcal (7.58%), Fat: 0.83g (1.27%), Saturated Fat: 0.47g (2.95%), Carbohydrates: 34.15g (11.38%), Net Carbohydrates: 32.46g (11.8%), Sugar: 29.54g (32.82%), Cholesterol: 2.84mg (0.94%), Sodium: 51.89mg (2.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.89g (7.79%), Vitamin C: 32.21mg (39.05%), Vitamin A: 1075.58IU (21.51%), Calcium: 115.76mg (11.58%), Vitamin B1: 0.15mg (10.03%), Phosphorus: 90.09mg (9.01%), Vitamin B2: 0.15mg (8.83%), Potassium: 301.13mg (8.6%), Fiber: 1.69g (6.74%), Magnesium: 26.4mg (6.6%), Zinc: 0.95mg (6.3%), Copper: 0.11mg (5.61%), Vitamin B6: 0.1mg (5.1%), Selenium: 3.53µg (5.04%), Vitamin B12: 0.3µg (5.01%), Folate: 13.09µg (3.27%), Vitamin B5: 0.31mg (3.14%), Vitamin B3: 0.58mg (2.89%), Iron: 0.44mg (2.43%)