



Ambrosia Fruit Salad

SERVING: 1 CUP
YIELD: 6

PREP TIME: 15 MIN
TOTAL TIME: 15 MIN

Ingredients

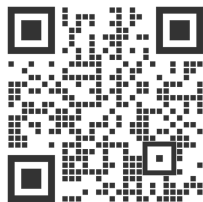
- 1 cup Whipped Topping (in tub)
- 1/2 cup Plain Nonfat Greek Yogurt
- 1 cup Green Grapes, sliced in half
- 1/2 cup Maraschino Cherries, drained and rinsed, sliced in half
- 1 cup Mandarin Oranges in 100% juice, drained (about 3 cup snacks)
- 1 can (20oz) Dole Pineapple Tidbits in 100% juice, drained
- 1/2 cup Unsweetened Coconut Flakes
- 1/2 cup Chopped Pecans
- 2/3 cup Mini Marshmallows

Directions

1. Using a cutting board, slice in half grapes and maraschino cherries.
2. In a large bowl combine cool whip and yogurt. Mix with fork.
3. Add grapes, cherries, oranges, pineapple, coconut, pecans, and marshmallows.
4. Cover and refrigerate for at least 1 hour. Enjoy!

Nutrition Facts	
6 servings per container	
Serving size	1 cup (0.0g)
Amount Per Serving	
Calories	290
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 31g	11%
Dietary Fiber 4g	14%
Total Sugars 21g	
Includes 7g Added Sugars	14%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.7mg	4%
Potassium 350mg	8%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

*Cost information includes lower cost ingredients found at local grocery store 05/19/23.



Cost Per Recipe	Cost Per Serving
\$9.48	\$1.58



Using Zero Sugar Cool Whip could save you 2g fat, 15 calories, and 3g added sugar per serving in this recipe



Nutrition Facts	
about 5 servings per container	
Serving size	3/4 cup (170g)
Amount per serving	
Calories	80
% Daily Value*	
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	5mg
Sodium	110mg
Total Carbohydrate	13g
Dietary Fiber	0g
Total Sugars	11g
Includes 0g Added Sugars	0%
Protein	8g
Vit. D	0mcg 0%
Calcium	300mg 25%
Iron	0mg 0%
Potas.	370mg 8%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



*12 Tbsp in 3/4 Cup

Nutrition Facts	
Servings: about 7, Serv. size: 2 Tbsp. (30g),	
Amount per serving: Calories 40 , Total Fat 2.5g (3% DV), Sat. Fat 1.5g (8% DV), Trans Fat 0g , Cholest. 10mg (3% DV), Sodium 20mg (1% DV), Total Carb. 2g (1% DV), Fiber 0g (0% DV), Total Sugars 2g (Incl. 0g Added Sugars, 0% DV), Protein 2g , Vit. D (0% DV), Calcium (4% DV), Iron (0% DV), Potas. (2% DV), Vit. A (6% DV).	



Nutrition Facts	
about 4 servings per container	
Serving size	1 oz (28g/about 1/4 cup)
Amount per serving	
Calories	190
% Daily Value*	
Total Fat	20g
Saturated Fat	1.5g
Trans Fat	0g
Cholesterol	0mg
Sodium	0mg
Total Carbohydrate	4g
Dietary Fiber	3g
Total Sugars	1g
Includes 0g Added Sugars	0%
Protein	3g
Vitamin D	0mcg
Calcium	0mg
Iron	0.7mg
Potassium	110mg
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	