

Valentine's Day Salad

Yield: 13 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/valentines-day-diet-recipe>

Ingredients:

- 6 ounces Jell-O strawberry flavored
- 2 cups boiling water
- 16 ounces strawberries partially frozen
- 2 bananas peeled and diced
- 20 ounces crushed pineapple drained
- 8 ounces frozen whipped topping thawed, optional

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 17 grams
3. Fat: 2.5 grams
4. Fiber: 2 grams
5. Protein: 1 grams
6. SaturatedFat: 2 grams
7. Sodium: 15 milligrams
8. Sugar: 12 grams

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