



21st-Century Green Top Salad

 Gluten Free

READY IN



270 min.

SERVINGS



8

CALORIES



370 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 oz cream cheese softened
- ☐ 1 envelope gelatin powder unflavored
- ☐ 0.5 cup juice of lime fresh
- ☐ 7 oz marshmallow creme
- ☐ 8 oz pineapple rings crushed undrained canned
- ☐ 0.3 cup greek yogurt plain
- ☐ 0.5 cup greek yogurt plain
- ☐ 14 oz condensed milk sweetened canned

- ☐ 0.5 cup water boiling
- ☐ 0.5 cup water cold

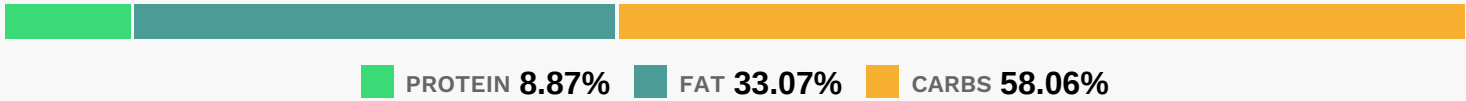
Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ Sprinkle gelatin over 1/2 cup cold water in a medium bowl.
- ☐ Let stand 2 minutes.
- ☐ Pour 1/2 cup boiling water over gelatin mixture, and stir until gelatin dissolves.
- ☐ Slowly whisk in sweetened condensed milk and next 2 ingredients. Fold in pineapple. Stir in green food coloring, if desired.
- ☐ Pour mixture into a 4-cup ring mold, and chill 4 hours or until set. Gently run a small knife around outer edge of mold to break seal. Dip bottom of mold in warm water for about 15 seconds. Unmold salad onto a serving plate.
- ☐ Beat marshmallow crme and cream cheese at high speed with an electric mixer until stiff peaks form. Stir in 1/4 to 1/2 cup yogurt.
- ☐ Serve with gelatin salad.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:16.89, Inflammation Score:-4, Nutrition Score:6.7260869534119%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 370.04kcal (18.5%), Fat: 14.18g (21.82%), Saturated Fat: 8.47g (52.97%), Carbohydrates: 56.01g (18.67%), Net Carbohydrates: 55.58g (20.21%), Sugar: 48.22g (53.58%), Cholesterol: 46.44mg (15.48%), Sodium: 162.55mg (7.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.56g (17.11%), Calcium: 197.23mg (19.72%), Vitamin B2: 0.33mg (19.68%), Phosphorus: 185.79mg (18.58%), Selenium: 12.11µg (17.3%), Vitamin A: 535.68IU (10.71%), Vitamin C: 8.49mg (10.29%), Potassium: 300.91mg (8.6%), Vitamin B12: 0.41µg (6.87%), Vitamin B5: 0.62mg (6.15%), Vitamin B1: 0.09mg (5.88%), Magnesium: 23.46mg (5.87%), Zinc: 0.75mg (5.01%), Vitamin B6: 0.08mg (4.01%), Copper: 0.07mg (3.69%), Folate: 12.51µg (3.13%), Vitamin E: 0.36mg (2.43%), Fiber: 0.43g (1.72%), Vitamin B3: 0.27mg (1.36%), Iron: 0.24mg (1.34%), Vitamin K: 1.18µg (1.13%)