



Apple Pretzel Salad

READY IN



45 min.

SERVINGS



15

CALORIES



312 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounce cream cheese softened
- ☐ 0.5 cup dates chopped
- ☐ 6 ounce gelatin powder lemon-flavored
- ☐ 2 tablespoons juice of lemon
- ☐ 1 cup lemon-lime carbonated beverage
- ☐ 0.8 cup butter softened
- ☐ 2 cups pretzels chopped
- ☐ 2 cups delicious apple diced red
- ☐ 0.5 cup sugar

- ☐ 3 tablespoons sugar
- ☐ 2.5 cups water boiling
- ☐ 8 ounce carton whipped topping frozen thawed

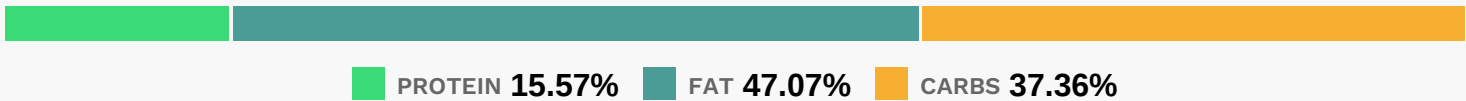
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Combine first 3 ingredients in a bowl; press mixture into a 13- x 9- x 2-inch baking dish.
- ☐ Bake at 400 for 10 minutes.
- ☐ Let cool completely.
- ☐ Combine cream cheese and 1/2 cup sugar in a large bowl; beat at medium speed of an electric mixer until smooth. Fold in whipped topping.
- ☐ Spread cream cheese mixture over pretzel mixture. Cover and chill 1 hour or until firm.
- ☐ Combine gelatin and boiling water in a medium bowl, stirring 2 minutes or until gelatin dissolves; stir in dates.
- ☐ Let cool to room temperature. Slowly pour carbonated beverage and lemon juice into gelatin mixture. Chill 30 minutes or until consistency of unbeaten egg white.
- ☐ Fold apple into gelatin mixture. Spoon gelatin mixture over cheese mixture. Cover and chill until firm. To serve, cut into rectangles.

Nutrition Facts



Properties

Glycemic Index:22.28, Glycemic Load:15.69, Inflammation Score:-5, Nutrition Score:4.5204347890356%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.25mg, Epicatechin: 1.25mg, Epicatechin: 1.25mg, Epicatechin: 1.25mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 311.62kcal (15.58%), Fat: 16.72g (25.73%), Saturated Fat: 6.71g (41.97%), Carbohydrates: 29.86g (9.95%), Net Carbohydrates: 28.7g (10.44%), Sugar: 19.91g (22.13%), Cholesterol: 15.57mg (5.19%), Sodium: 323.81mg (14.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.44g (24.89%), Copper: 0.29mg (14.39%), Vitamin A: 629.85IU (12.6%), Selenium: 6.82µg (9.74%), Vitamin B2: 0.12mg (7.27%), Manganese: 0.13mg (6.62%), Folate: 26.47µg (6.62%), Phosphorus: 53.08mg (5.31%), Fiber: 1.16g (4.64%), Vitamin E: 0.64mg (4.29%), Calcium: 42.54mg (4.25%), Vitamin B1: 0.06mg (4.1%), Iron: 0.73mg (4.03%), Vitamin B3: 0.68mg (3.42%), Potassium: 117.97mg (3.37%), Magnesium: 11.96mg (2.99%), Vitamin C: 1.81mg (2.19%), Vitamin B5: 0.19mg (1.88%), Vitamin B6: 0.04mg (1.85%), Zinc: 0.25mg (1.64%), Vitamin K: 1.6µg (1.52%), Vitamin B12: 0.07µg (1.25%)