

## Apricot-Orange Gelatin Salad

READY IN



45 min.

SERVINGS



12

CALORIES



375 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 15 ounce apricots with juice reserved drained canned
- 2 tablespoons butter
- 16 ounce pineapple with juice reserved crushed drained canned
- 0.5 cup colby cheese shredded
- 1 eggs beaten
- 3 tablespoons flour all-purpose
- 1 cup heavy whipping cream
- 1 cup marshmallows miniature
- 12 ounce orange gelatin orange flavored

- 0.5 cup walnut pieces chopped
- 2 cups water hot
- 1 cup granulated sugar white

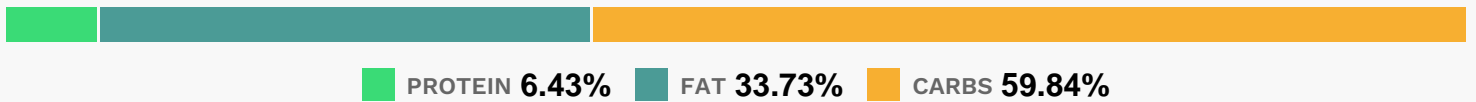
## Equipment

- frying pan
- sauce pan
- mixing bowl

## Directions

- Drain and reserve syrup from apricots and pineapple.
- Add water to equal 2 1/2 cups.
- In a mixing bowl, dissolve the gelatin in hot water. Stir in 1 1/2 cups reserved fruit syrup, set aside to cool.
- To the gelatin mixture, add the apricots, pineapple, nuts and marshmallows. Stir to combine, pour into a lightly oiled 9x13 inch pan and chill until firm.
- In a small sauce pan, combine the sugar, flour, egg, remaining fruit syrup and butter.
- Heat and stir constantly until thickened. Refrigerate until chilled.
- Whip cream until stiff peaks form; fold into chilled custard mixture.
- Spread over gelatin, refrigerate, and sprinkle with cheese before serving.

## Nutrition Facts



## Properties

Glycemic Index:26.44, Glycemic Load:16.13, Inflammation Score:-6, Nutrition Score:6.1869565766791%

## Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 0.58mg,

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## Nutrients (% of daily need)

Calories: 374.9kcal (18.75%), Fat: 14.6g (22.47%), Saturated Fat: 7.3g (45.65%), Carbohydrates: 58.29g (19.43%), Net Carbohydrates: 56.71g (20.62%), Sugar: 52.84g (58.72%), Cholesterol: 46.29mg (15.43%), Sodium: 197.23mg (8.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.26g (12.53%), Vitamin A: 1126.72IU (22.53%), Phosphorus: 114.45mg (11.45%), Manganese: 0.21mg (10.63%), Copper: 0.2mg (10.02%), Vitamin C: 7.28mg (8.82%), Selenium: 5.67µg (8.1%), Vitamin B2: 0.13mg (7.59%), Calcium: 71.42mg (7.14%), Fiber: 1.58g (6.33%), Vitamin B1: 0.09mg (5.85%), Potassium: 196.13mg (5.6%), Magnesium: 21.68mg (5.42%), Vitamin B6: 0.09mg (4.62%), Folate: 17.76µg (4.44%), Vitamin E: 0.65mg (4.32%), Zinc: 0.55mg (3.66%), Iron: 0.65mg (3.63%), Vitamin D: 0.42µg (2.82%), Vitamin B3: 0.51mg (2.56%), Vitamin B5: 0.25mg (2.46%), Vitamin K: 2.53µg (2.41%), Vitamin B12: 0.11µg (1.9%)