

Apricot Salad

 **Gluten Free**

READY IN



20 min.

SERVINGS



15

CALORIES



146 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 20 ounce pineapple crushed undrained canned
- 8 ounce cream cheese softened
- 6 ounce gelatin mix flavored
- 1 cup milk
- 2 cups water boiling
- 4 ounces non-dairy whipped topping frozen thawed

Equipment

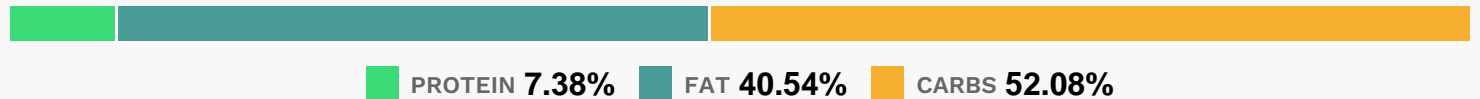
- bowl

mixing bowl

Directions

- Dissolve gelatin in boiling water and set aside. In a mixing bowl, beat cream cheese until smooth. Gradually beat in milk until smooth. Stir in gelatin.
- Add pineapple and mix well. Chill. When mixture begins to thicken, fold in whipped topping.
- Pour into a 2-1/2-qt. serving bowl. Chill for at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:4.33, Glycemic Load:0.51, Inflammation Score:-2, Nutrition Score:2.413913032283%

Nutrients (% of daily need)

Calories: 145.5kcal (7.27%), Fat: 6.75g (10.39%), Saturated Fat: 4.21g (26.34%), Carbohydrates: 19.52g (6.51%), Net Carbohydrates: 19.03g (6.92%), Sugar: 18.28g (20.31%), Cholesterol: 17.37mg (5.79%), Sodium: 113.9mg (4.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.77g (5.53%), Phosphorus: 56.84mg (5.68%), Vitamin A: 253.9IU (5.08%), Calcium: 47.38mg (4.74%), Vitamin B2: 0.08mg (4.51%), Vitamin C: 3.55mg (4.31%), Selenium: 2.7µg (3.86%), Vitamin B1: 0.05mg (3.53%), Copper: 0.06mg (3.13%), Potassium: 99.66mg (2.85%), Magnesium: 10.05mg (2.51%), Vitamin B6: 0.05mg (2.42%), Vitamin B12: 0.14µg (2.27%), Fiber: 0.49g (1.97%), Vitamin B5: 0.15mg (1.48%), Zinc: 0.19mg (1.28%), Vitamin E: 0.18mg (1.22%), Vitamin D: 0.18µg (1.19%)