



Autumn Apple Salad

 Gluten Free

READY IN



270 min.

SERVINGS



12

CALORIES



256 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup apples diced unpeeled
- ☐ 20 ounce pineapple with juice crushed canned
- ☐ 1 cup celery chopped
- ☐ 8 ounce cream cheese softened
- ☐ 3 ounce jell-o® mix lemon flavored
- ☐ 1 cup nuts chopped
- ☐ 1 cup non-dairy whipped topping frozen thawed
- ☐ 0.7 cup sugar white

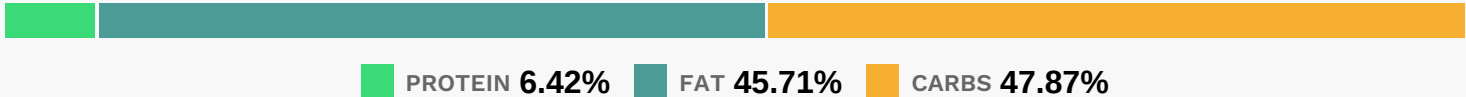
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In a medium saucepan over medium heat, boil the pineapple and sugar 3 minutes.
- ☐ Mix in the lemon gelatin mix, stirring until dissolved. Stir in the cream cheese.
- ☐ Remove from heat and allow to cool 10 to 15 minutes.
- ☐ Gently fold the apples, nuts, celery and whipped topping into the mixture.
- ☐ Transfer to a 9x9 inch square pan. Refrigerate 4 hours, or until firm.

Nutrition Facts



Properties

Glycemic Index:15.9, Glycemic Load:9.04, Inflammation Score:-4, Nutrition Score:5.0678260637366%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.78mg, Epicatechin: 0.78mg, Epicatechin: 0.78mg, Epicatechin: 0.78mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 256.15kcal (12.81%), Fat: 13.61g (20.94%), Saturated Fat: 5.36g (33.51%), Carbohydrates: 32.08g (10.69%), Net Carbohydrates: 30g (10.91%), Sugar: 27.31g (30.34%), Cholesterol: 19.21mg (6.4%), Sodium: 105.73mg (4.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.3g (8.61%), Manganese: 0.25mg (12.4%), Copper: 0.22mg (11.15%), Magnesium: 37.81mg (9.45%), Phosphorus: 93.51mg (9.35%), Fiber: 2.08g (8.32%), Vitamin A: 327.29IU (6.55%), Vitamin C: 5.23mg (6.34%), Vitamin B2: 0.1mg (5.62%), Potassium: 195.24mg (5.58%), Vitamin B1: 0.08mg (5.44%), Vitamin B6: 0.09mg (4.67%), Calcium: 43.05mg (4.3%), Zinc: 0.62mg (4.14%), Vitamin B3: 0.76mg (3.79%),

Selenium: 2.54µg (3.63%), Iron: 0.65mg (3.6%), Folate: 13.81µg (3.45%), Vitamin K: 3.62µg (3.45%), Vitamin B5: 0.28mg (2.8%), Vitamin E: 0.24mg (1.63%)