



Bunny Fruit Mold

 Gluten Free

READY IN



315 min.

SERVINGS



15

CALORIES



142 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 oz pineapple crushed drained canned
- 8 oz philadelphia cream cheese softened
- 1 Tbsp juice of lemon
- 1 pkg jell-o lime flavor gelatin (4-serving size)
- 1.5 cups bunny mallows marshmallows jet-puffed
- 0.5 cup planters walnuts chopped
- 1 cup water boiling
- 1 cup water cold

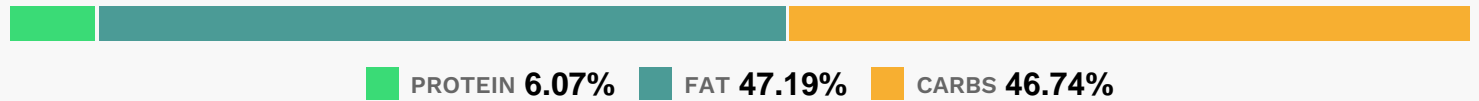
Equipment

- bowl

Directions

- Stir boiling water into dry gelatin in medium bowl at least 2 min. until completely dissolved. Stir in cold water and juice. Gradually add gelatin to cream cheese in large bowl, mixing until well blended. Refrigerate until thickened (spoon drawn through leaves definite impression).
- Add pineapple, marshmallows and walnuts; mix well. Spoon into 6-cup ring mold sprayed with cooking spray.
- Refrigerate several hours or until firm. Unmold onto serving plate. Store leftover gelatin in refrigerator.

Nutrition Facts



Properties

Glycemic Index:7.17, Glycemic Load:3.96, Inflammation Score:-2, Nutrition Score:2.4382608999377%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 142.23kcal (7.11%), Fat: 7.79g (11.99%), Saturated Fat: 3.3g (20.63%), Carbohydrates: 17.37g (5.79%), Net Carbohydrates: 16.7g (6.07%), Sugar: 14.2g (15.78%), Cholesterol: 15.27mg (5.09%), Sodium: 81.85mg (3.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.51%), Manganese: 0.14mg (6.81%), Copper: 0.12mg (5.81%), Vitamin A: 219.02IU (4.38%), Phosphorus: 40.46mg (4.05%), Vitamin C: 3.28mg (3.98%), Vitamin B1: 0.05mg (3.21%), Magnesium: 12.7mg (3.17%), Selenium: 2.12µg (3.03%), Vitamin B2: 0.05mg (2.91%), Fiber: 0.66g (2.66%), Vitamin B6: 0.05mg (2.64%), Calcium: 24.73mg (2.47%), Potassium: 76.46mg (2.18%), Folate: 7.14µg (1.78%), Zinc: 0.23mg (1.56%), Iron: 0.24mg (1.33%), Vitamin B5: 0.11mg (1.11%), Vitamin E: 0.16mg (1.1%)