



Carrot Gelatin Salad

 Gluten Free  Dairy Free

READY IN



315 min.

SERVINGS



8

CALORIES



138 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 20 ounce pineapple with juice reserved crushed drained canned
- 4 large carrots shredded
- 6 ounce gelatin mix lemon flavored

Equipment

- bowl

Directions

- In a large bowl, prepare the lemon gelatin according to package directions using reserved pineapple juice in place of some of the water. Refrigerate until thickened, about 1 hour.
- When the gelatin has thickened, stir in pineapple and shredded carrot. Cover and refrigerate until set, at least 4 hours.

Nutrition Facts

■ PROTEIN **6.46%**
■ FAT **1.01%**
■ CARBS **92.53%**

Properties

Glycemic Index:5.85, Glycemic Load:1.14, Inflammation Score:-10, Nutrition Score:7.6786956268808%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 138.29kcal (6.91%), Fat: 0.16g (0.25%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 33.72g (11.24%), Net Carbohydrates: 31.79g (11.56%), Sugar: 30.11g (33.45%), Cholesterol: 0mg (0%), Sodium: 124.63mg (5.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.35g (4.71%), Vitamin A: 6049.6IU (120.99%), Vitamin C: 8.79mg (10.65%), Fiber: 1.93g (7.72%), Vitamin B1: 0.1mg (6.45%), Copper: 0.12mg (5.86%), Potassium: 204.57mg (5.84%), Vitamin B6: 0.1mg (5.15%), Vitamin K: 5.25µg (5%), Phosphorus: 47.54mg (4.75%), Magnesium: 15.38mg (3.84%), Vitamin B3: 0.56mg (2.79%), Folate: 11.02µg (2.76%), Manganese: 0.05mg (2.69%), Vitamin B2: 0.04mg (2.62%), Selenium: 1.74µg (2.49%), Calcium: 23.86mg (2.39%), Iron: 0.33mg (1.86%), Vitamin E: 0.25mg (1.68%), Zinc: 0.16mg (1.06%), Vitamin B5: 0.1mg (1.01%)