



Cherry-Cream Cheese Layered Gelatin Salad

 Gluten Free

READY IN



180 min.

SERVINGS



8

CALORIES



186 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 boxes cherry gelatin (4-serving size each)
- ☐ 1.5 cups water boiling
- ☐ 2 cups cherries unsweetened sweet frozen
- ☐ 16 oz pineapple rings crushed undrained canned
- ☐ 0.5 cup cream cheese (from 8-oz container)
- ☐ 1 Leaf romaine leaves

Equipment

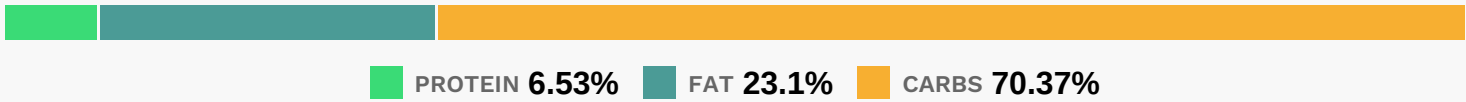
- ☐ bowl

☐ glass baking pan

Directions

- ☐ In large bowl, dissolve gelatin in boiling water, stirring constantly. Stir in frozen cherries until thawed. Stir in pineapple.
- ☐ Into ungreased 8-inch square (2-quart) glass baking dish or another serving dish, pour about half of the gelatin mixture. Refrigerate 30 to 45 minutes or until set.
- ☐ Drop cream cheese by small spoonfuls over set gelatin mixture; carefully spread to cover.
- ☐ Pour remaining gelatin mixture over top. Refrigerate at least 2 hours until set.
- ☐ Cut into squares.
- ☐ Serve on lettuce leaves.

Nutrition Facts



Properties

Glycemic Index:6.13, Glycemic Load:1.27, Inflammation Score:-3, Nutrition Score:3.0652173705723%

Flavonoids

Cyanidin: 10.42mg, Cyanidin: 10.42mg, Cyanidin: 10.42mg, Cyanidin: 10.42mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 1.73mg, Epicatechin: 1.73mg, Epicatechin: 1.73mg, Epicatechin: 1.73mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 186.39kcal (9.32%), Fat: 5.01g (7.71%), Saturated Fat: 2.88g (18.02%), Carbohydrates: 34.36g (11.45%), Net Carbohydrates: 32.9g (11.96%), Sugar: 31.32g (34.8%), Cholesterol: 14.33mg (4.78%), Sodium: 146.39mg (6.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.19g (6.37%), Vitamin C: 7.77mg (9.41%), Fiber: 1.46g (5.85%), Copper: 0.12mg (5.8%), Phosphorus: 56.39mg (5.64%), Vitamin A: 250.22IU (5%), Potassium: 167.35mg (4.78%), Vitamin B1: 0.07mg (4.74%), Selenium: 2.87µg (4.1%), Vitamin B2: 0.06mg (3.81%), Magnesium: 14.46mg (3.62%), Vitamin B6: 0.07mg (3.39%), Calcium: 29.33mg (2.93%), Iron: 0.33mg (1.82%), Folate: 6.18µg (1.54%), Vitamin B5:

0.15mg (1.52%), Manganese: 0.03mg (1.42%), Vitamin K: 1.42µg (1.35%), Vitamin B3: 0.23mg (1.15%), Zinc: 0.16mg (1.06%), Vitamin E: 0.16mg (1.05%)