



## Creamy Pineapple Salad

 Gluten Free

READY IN



15 min.

SERVINGS



10

CALORIES



187 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 20 ounces pineapple crushed canned
- 3 ounces gelatin mix
- 1 cup cup heavy whipping cream
- 0.3 cup sugar
- 1 cup curd cottage cheese 4%

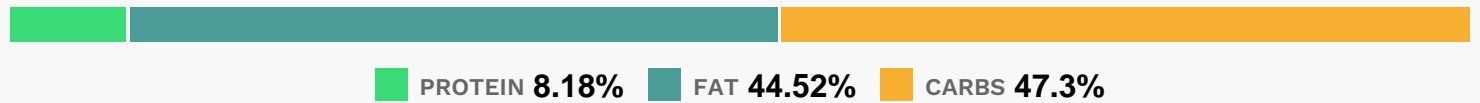
### Equipment

- bowl
- sauce pan

## Directions

- Drain pineapple, reserving the juice in a small saucepan. Set pineapple aside.
- Add enough water to juice to make 1-1/3 cups; bring to a boil.
- Place gelatin in a bowl; add boiling liquid and stir to dissolve. Cool until slightly thickened. In a bowl, whip cream; gradually beat in sugar. Fold into the gelatin mixture. Stir in pineapple and cottage cheese; blend well.
- Pour into a 1-1/2-qt. serving bowl; chill at least 3 hours or overnight.

## Nutrition Facts



## Properties

Glycemic Index:9.71, Glycemic Load:3.68, Inflammation Score:-3, Nutrition Score:3.1086956716102%

## Nutrients (% of daily need)

Calories: 187.17kcal (9.36%), Fat: 9.57g (14.73%), Saturated Fat: 5.84g (36.5%), Carbohydrates: 22.89g (7.63%), Net Carbohydrates: 22.15g (8.05%), Sugar: 21.65g (24.05%), Cholesterol: 30.46mg (10.15%), Sodium: 112.83mg (4.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.96g (7.92%), Vitamin A: 407.61IU (8.15%), Vitamin C: 5.47mg (6.63%), Phosphorus: 63.15mg (6.32%), Vitamin B2: 0.1mg (5.61%), Selenium: 3.58µg (5.11%), Vitamin B1: 0.07mg (4.57%), Calcium: 42.51mg (4.25%), Copper: 0.08mg (3.99%), Potassium: 115.45mg (3.3%), Vitamin B6: 0.06mg (3.03%), Magnesium: 12.02mg (3.01%), Fiber: 0.74g (2.95%), Vitamin D: 0.4µg (2.68%), Vitamin B12: 0.13µg (2.14%), Vitamin B5: 0.18mg (1.79%), Vitamin E: 0.25mg (1.65%), Folate: 6.56µg (1.64%), Zinc: 0.2mg (1.33%), Iron: 0.21mg (1.17%), Vitamin K: 1.16µg (1.1%)