



Fish Egg Salad

 **Gluten Free**

READY IN



195 min.

SERVINGS



6

CALORIES



543 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups heavy cream
- ☐ 3 ounce strawberry jell-o flavored
- ☐ 1 cup pearl tapioca
- ☐ 5 cups water
- ☐ 1 cup sugar white

Equipment

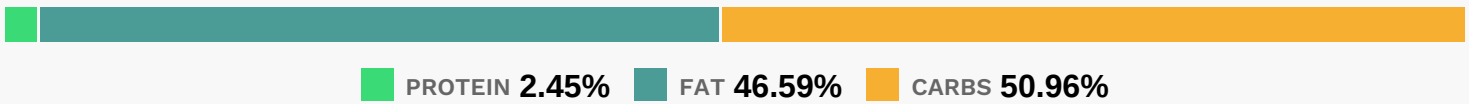
- ☐ bowl
- ☐ sauce pan

☐ hand mixer

Directions

- ☐ Bring the water to a boil in a saucepan.
- ☐ Remove from heat and pour in the tapioca pearls. Cover, and let stand for 30 minutes. If the mixture is clear, it is done. If not, set over low heat and warm slowly until it becomes clear.
- ☐ Heat the water to almost boiling if you did not have to reheat, and stir in the gelatin and sugar until dissolved. Cover, and refrigerate until almost set, about 1 1/2 hours.
- ☐ In a large bowl, whip the cream using an electric mixer until fluffy. Fold into the gelatin mixture, and pour into a bowl or mold. Chill until set, about 2 hours.

Nutrition Facts



Properties

Glycemic Index:24.63, Glycemic Load:40.54, Inflammation Score:-5, Nutrition Score:3.9447825784269%

Nutrients (% of daily need)

Calories: 542.77kcal (27.14%), Fat: 28.75g (44.23%), Saturated Fat: 18.25g (114.05%), Carbohydrates: 70.75g (23.58%), Net Carbohydrates: 70.52g (25.64%), Sugar: 48.63g (54.03%), Cholesterol: 89.65mg (29.88%), Sodium: 97.92mg (4.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.41g (6.81%), Vitamin A: 1166.2IU (23.32%), Vitamin B2: 0.16mg (9.49%), Vitamin D: 1.27µg (8.46%), Phosphorus: 67.77mg (6.78%), Calcium: 64.1mg (6.41%), Selenium: 3.73µg (5.33%), Vitamin E: 0.73mg (4.87%), Copper: 0.06mg (3.22%), Iron: 0.51mg (2.86%), Vitamin K: 2.54µg (2.42%), Vitamin B5: 0.24mg (2.38%), Potassium: 79.81mg (2.28%), Vitamin B12: 0.13µg (2.12%), Magnesium: 8.06mg (2.02%), Zinc: 0.25mg (1.64%), Manganese: 0.03mg (1.58%), Vitamin B6: 0.03mg (1.5%), Folate: 4.61µg (1.15%), Vitamin B1: 0.02mg (1.15%)