



Fruited Gelatin Salad

READY IN



30 min.

SERVINGS



16

CALORIES



233 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 15 ounces apricots mashed drained canned
- 0.5 cup all-natural apricot nectar
- 2 tablespoons butter
- 8 ounces pineapple crushed drained canned
- 1 eggs lightly beaten
- 2 tablespoons flour all-purpose
- 1 cup cup heavy whipping cream
- 4 cups marshmallows miniature
- 6 ounces orange gelatin

- 0.5 cup pineapple juice
- 4 ounces cheddar cheese shredded
- 0.5 cup sugar
- 2 cups water boiling

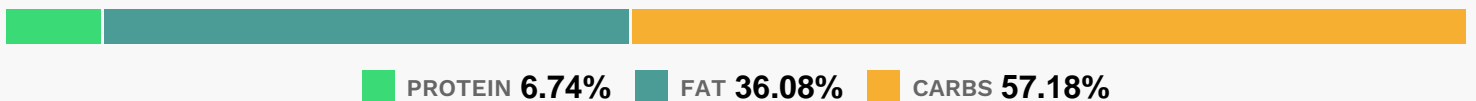
Equipment

- bowl
- frying pan
- sauce pan
- whisk
- kitchen thermometer

Directions

- In a large bowl, dissolve gelatin in boiling water. Stir in the juices, apricots and pineapple.
- Transfer to a 13-in. x 9-in. dish coated with cooking spray. Refrigerate for 30 minutes or until partially set.
- Sprinkle with marshmallows; refrigerate.
- For topping, combine sugar and flour in a saucepan. Gradually whisk in juices. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened.
- Removed from the heat. Stir a small amount into egg; return all to the pan, stirring constantly. Cook and stir until a thermometer reads 160° and mixture is thickened.
- Remove from the heat; stir in butter. Cool to room temperature.
- In a small bowl, beat cream on high speed until stiff peaks form. Gently fold into custard.
- Spread over gelatin; sprinkle with cheese. Refrigerate 1 hour or until chilled.

Nutrition Facts



Properties

Glycemic Index:23.14, Glycemic Load:12.51, Inflammation Score:-6, Nutrition Score:4.2491304045138%

Flavonoids

Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epicatechin: 1.26mg, Epicatechin: 1.26mg, Epicatechin: 1.26mg, Epicatechin: 1.26mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 233.26kcal (11.66%), Fat: 9.68g (14.89%), Saturated Fat: 5.79g (36.17%), Carbohydrates: 34.51g (11.5%), Net Carbohydrates: 33.74g (12.27%), Sugar: 29.27g (32.53%), Cholesterol: 37.89mg (12.63%), Sodium: 127.81mg (5.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.07g (8.14%), Vitamin A: 970.83IU (19.42%), Vitamin C: 7.15mg (8.66%), Phosphorus: 72.04mg (7.2%), Calcium: 71.21mg (7.12%), Selenium: 4.68µg (6.69%), Vitamin B2: 0.1mg (5.82%), Copper: 0.08mg (3.98%), Potassium: 127.56mg (3.64%), Vitamin E: 0.53mg (3.55%), Manganese: 0.07mg (3.53%), Fiber: 0.78g (3.1%), Vitamin B1: 0.05mg (3.03%), Zinc: 0.43mg (2.85%), Magnesium: 10.35mg (2.59%), Vitamin B6: 0.05mg (2.55%), Folate: 10.09µg (2.52%), Vitamin D: 0.34µg (2.24%), Vitamin B12: 0.13µg (2.11%), Vitamin B5: 0.19mg (1.93%), Iron: 0.34mg (1.88%), Vitamin K: 1.87µg (1.78%), Vitamin B3: 0.31mg (1.54%)