



Heavenly Lime Salad

 **Gluten Free**

READY IN



60 min.

SERVINGS



8

CALORIES



419 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 ounce lime jell-o® mix flavored
- ☐ 1 cup mayonnaise
- ☐ 0.5 cup pecans chopped
- ☐ 20 ounce pineapple chunks with juice reserved drained canned
- ☐ 1 cup cheddar cheese shredded

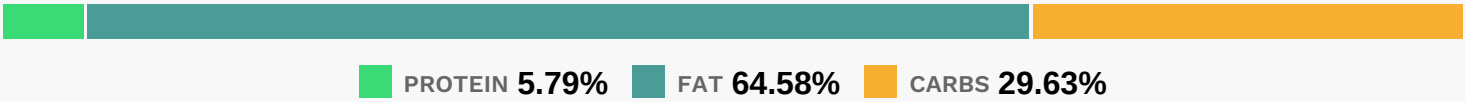
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In a small saucepan, dissolve lime gelatin in 2 cups boiling water.
- ☐ Remove from heat and add 3/4 cup of reserved pineapple juice. Cool to room temperature.
- ☐ Add mayonnaise to gelatin mixture and whisk together until smooth. Refrigerate until slightly thickened.
- ☐ Fold in the pineapple, Cheddar cheese and pecans.
- ☐ Pour in 2 quart mold and chill until firm.

Nutrition Facts



Properties

Glycemic Index:10.88, Glycemic Load:0.2, Inflammation Score:-3, Nutrition Score:7.6504348179568%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

Nutrients (% of daily need)

Calories: 418.64kcal (20.93%), Fat: 30.73g (47.28%), Saturated Fat: 6.41g (40.09%), Carbohydrates: 31.72g (10.57%), Net Carbohydrates: 30.15g (10.96%), Sugar: 28.88g (32.09%), Cholesterol: 25.89mg (8.63%), Sodium: 369.97mg (16.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.2g (12.41%), Vitamin K: 46.71µg (44.49%), Manganese: 0.31mg (15.61%), Phosphorus: 124.38mg (12.44%), Calcium: 118.85mg (11.89%), Copper: 0.19mg (9.63%), Selenium: 6.61µg (9.44%), Vitamin B1: 0.12mg (8.32%), Vitamin C: 6.74mg (8.17%), Vitamin E: 1.13mg (7.56%), Fiber: 1.58g (6.3%), Zinc: 0.94mg (6.28%), Vitamin B2: 0.1mg (5.89%), Magnesium: 23.39mg (5.85%), Vitamin B6: 0.08mg (3.98%), Vitamin A: 198.98IU (3.98%), Potassium: 133.78mg (3.82%), Vitamin B12: 0.18µg (3.06%), Iron: 0.48mg (2.67%), Folate: 10.05µg (2.51%), Vitamin B5: 0.17mg (1.68%), Vitamin B3: 0.29mg (1.45%)