



Layered Orange-Pineapple Mold

 Gluten Free

READY IN



380 min.

SERVINGS



20

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz philadelphia cream cheese softened
- 1 pkg jell-o orange flavor gelatin (8-serving size)
- 20 oz pineapple in juice crushed undrained canned
- 1.5 cups water boiling
- 20 servings water cold

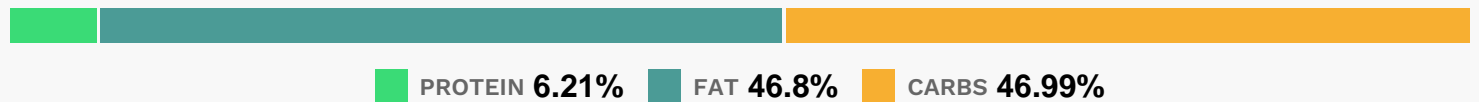
Equipment

- bowl
- whisk

Directions

- Drain pineapple, reserving juice.
- Add enough cold water to reserved juice to measure 1-1/2 cups. Stir boiling water into dry gelatin mix in large bowl at least 2 min. until completely dissolved. Stir in juice mixture.
- Remove 1 cup of the gelatin mixture; set aside at room temperature. Stir half of the crushed pineapple into remaining gelatin.
- Pour into 6-cup mold. Refrigerate 2 hours or until set but not firm (gelatin should stick to finger when touched and should mound). Gradually add the reserved gelatin mixture to cream cheese in medium bowl, beating with wire whisk until well blended. Stir in the remaining crushed pineapple.
- Pour over gelatin layer in mold.
- Refrigerate 4 hours or until firm. Unmold. Store leftover gelatin in refrigerator.

Nutrition Facts



Properties

Glycemic Index:1.35, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:1.3817391291909%

Nutrients (% of daily need)

Calories: 72.89kcal (3.64%), Fat: 3.93g (6.05%), Saturated Fat: 2.29g (14.33%), Carbohydrates: 8.88g (2.96%), Net Carbohydrates: 8.51g (3.1%), Sugar: 8.13g (9.03%), Cholesterol: 11.45mg (3.82%), Sodium: 68.41mg (2.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.17g (2.35%), Copper: 0.08mg (3.9%), Vitamin A: 166.47IU (3.33%), Vitamin C: 2.66mg (3.23%), Calcium: 23.29mg (2.33%), Vitamin B1: 0.03mg (2.11%), Phosphorus: 20.11mg (2.01%), Vitamin B2: 0.03mg (1.99%), Magnesium: 7.9mg (1.98%), Selenium: 1.37µg (1.96%), Fiber: 0.37g (1.47%), Potassium: 50.42mg (1.44%), Vitamin B6: 0.03mg (1.38%)