



Layered Pear-Cream Cheese Mold

 Gluten Free

READY IN



330 min.

SERVINGS



30

CALORIES



56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz philadelphia cream cheese softened
- 1.5 cups ginger ale cold
- 2 Tbsp juice of lemon fresh
- 1 pkg jell-o lime flavor gelatin (8-serving size)
- 16 oz pear halves undrained canned
- 0.3 cup planters pecans chopped

Equipment

- bowl

sauce pan

whisk

Directions

Drain pears, reserving liquid.

Add enough water to liquid to measure 1-1/2 cups; bring to boil in small saucepan. Chop pears; set aside.

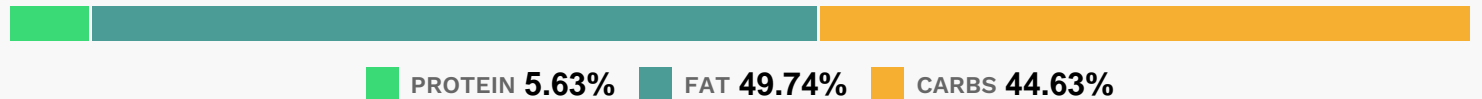
Stir boiling liquid into gelatin in large bowl at least 2 minutes until completely dissolved. Stir in cold ginger ale and lemon juice.

Pour 1 cup of the gelatin into 5-cup mold. Refrigerate about 30 minutes or until slightly thickened (spoon drawn through leaves definite impression). Arrange some of the pears in mold, pushing into gelatin in mold.

Meanwhile, gradually add remaining gelatin to cream cheese in large bowl, mixing with wire whisk until well blended. Refrigerate about 30 minutes or until slightly thickened (consistency of unbeaten egg whites). Stir in remaining pears and pecans. Spoon over gelatin layer in mold.

Refrigerate 4 hours or until firm. Unmold. Store leftover gelatin mold in refrigerator.

Nutrition Facts



Properties

Glycemic Index:4.56, Glycemic Load:1.44, Inflammation Score:-1, Nutrition Score:0.94347825322462%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 55.81kcal (2.79%), Fat: 3.22g (4.95%), Saturated Fat: 1.58g (9.89%), Carbohydrates: 6.5g (2.17%), Net Carbohydrates: 5.95g (2.16%), Sugar: 5.3g (5.89%), Cholesterol: 7.64mg (2.55%), Sodium: 37.93mg (1.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.64%), Manganese: 0.05mg (2.36%), Fiber: 0.55g (2.2%), Vitamin A: 105.83IU (2.12%), Phosphorus: 16.26mg (1.63%), Copper: 0.03mg (1.46%), Vitamin B2: 0.02mg (1.39%), Selenium: 0.9µg (1.28%), Vitamin C: 1.05mg (1.27%)