



## Layered Pineapple Salad

 Gluten Free

READY IN



270 min.

SERVINGS



30

CALORIES



99 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 20 oz pineapple crushed drained canned
- 6 oz jell-o cherry flavor gelatin
- 8 oz philadelphia cream cheese cubed softened
- 3 oz jell-o lemon flavor gelatin
- 1 cup marshmallows jet-puffed miniature
- 0.5 cup planters walnuts chopped
- 1.5 cups water cold
- 2.5 cups water boiling divided

2 cups cool whip whipped topping thawed

## Equipment

bowl

blender

## Directions

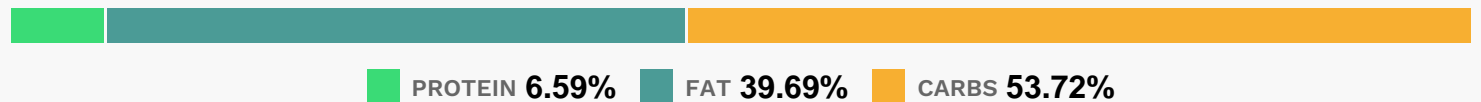
Add 1 cup boiling water to lemon gelatin mix in medium bowl; stir 2 min. until completely dissolved. Cool slightly.

Add cream cheese and marshmallows; beat with mixer on low speed until well blended. Refrigerate 1 hour or until slightly thickened.

Stir COOL WHIP, pineapple and nuts into lemon gelatin; pour into 4-qt. serving bowl. Refrigerate 1 hour or until set but not firm. Meanwhile, add remaining boiling water to cherry gelatin mixes in separate medium bowl; stir 2 min. until completely dissolved. Stir in cold water. Refrigerate 1 hour or until completely cooled.

Spoon cherry gelatin over lemon gelatin layer. Refrigerate 2 hours or until firm.

## Nutrition Facts



## Properties

Glycemic Index:3.58, Glycemic Load:0.96, Inflammation Score:-1, Nutrition Score:1.4700000065824%

## Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg

## Nutrients (% of daily need)

Calories: 99.46kcal (4.97%), Fat: 4.55g (7%), Saturated Fat: 2.21g (13.84%), Carbohydrates: 13.86g (4.62%), Net Carbohydrates: 13.48g (4.9%), Sugar: 12.49g (13.88%), Cholesterol: 7.74mg (2.58%), Sodium: 70.11mg (3.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.7g (3.4%), Copper: 0.07mg (3.49%), Manganese: 0.07mg (3.42%), Phosphorus: 31.98mg (3.2%), Vitamin A: 115.07IU (2.3%), Selenium: 1.54µg (2.2%), Vitamin C: 1.8mg (2.18%), Vitamin B1: 0.03mg (1.93%), Vitamin B2: 0.03mg (1.9%), Magnesium: 7.47mg (1.87%), Calcium: 17.07mg (1.71%), Fiber: 0.38g (1.51%), Vitamin B6: 0.03mg (1.5%), Potassium: 47.74mg (1.36%)