



Lemon-Cream Salad

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



263 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 20 ounce pineapple crushed undrained canned
- ☐ 6 ounce cream cheese cubed
- ☐ 6 ounce gelatin powder lemon-flavored
- ☐ 10 ounce lemon-lime carbonated beverage
- ☐ 12 servings garnish: lemon rind knots
- ☐ 1 cup marshmallows miniature
- ☐ 0.8 cup pecans chopped
- ☐ 1 leaf lettuce leaves red

☐ 1 cup whipping cream

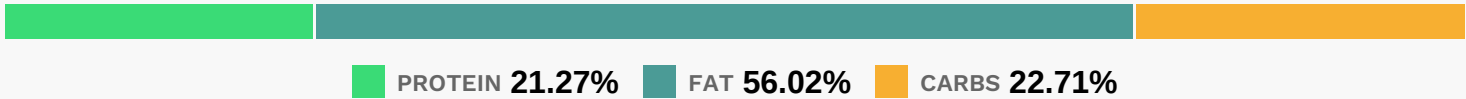
Equipment

☐ sauce pan

Directions

- ☐ Combine first 3 ingredients in a large heavy saucepan; cook over medium heat, stirring constantly, until cream cheese and marshmallows melt.
- ☐ Remove from heat.
- ☐ Add gelatin, stirring until dissolved. Stir in pineapple and pecans. Chill until the consistency of unbeaten egg white.
- ☐ Fold in whipped cream.
- ☐ Pour mixture into 12 lightly oiled 1/2-cup molds. Cover and chill until firm. Unmold onto lettuce-lined salad plates.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:2.29, Inflammation Score:-4, Nutrition Score:5.5434782245885%

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: 263kcal (13.15%), Fat: 17.02g (26.18%), Saturated Fat: 7.86g (49.14%), Carbohydrates: 15.53g (5.18%), Net Carbohydrates: 14.23g (5.18%), Sugar: 12.94g (14.37%), Cholesterol: 36.73mg (12.24%), Sodium: 83.85mg (3.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.54mg (1.18%), Protein: 14.53g (29.07%), Copper: 0.45mg (22.38%), Manganese: 0.32mg (16.19%), Selenium: 7.93µg (11.33%), Vitamin A: 515.63IU (10.31%), Vitamin B2: 0.12mg

(7.15%), Vitamin B1: 0.1mg (6.94%), Vitamin C: 4.91mg (5.95%), Phosphorus: 54.76mg (5.48%), Magnesium: 21.47mg (5.37%), Fiber: 1.29g (5.18%), Calcium: 47.86mg (4.79%), Potassium: 127.27mg (3.64%), Zinc: 0.5mg (3.33%), Vitamin B6: 0.07mg (3.31%), Iron: 0.51mg (2.86%), Vitamin E: 0.41mg (2.73%), Folate: 10.28µg (2.57%), Vitamin D: 0.32µg (2.12%), Vitamin B5: 0.21mg (2.09%), Vitamin K: 1.5µg (1.43%), Vitamin B3: 0.26mg (1.3%), Vitamin B12: 0.06µg (1.05%)