



WHATSheATE



Lemon-Lime Soda Gelatin Salad



Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



292 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 ounce pineapple with juice crushed canned
- ☐ 8 ounce cream cheese
- ☐ 1 cup lemon-lime carbonated beverage flavored
- ☐ 3 ounce lime jell-o® mix flavored
- ☐ 0.5 cup pecans chopped
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup water boiling
- ☐ 1 teaspoon sugar white

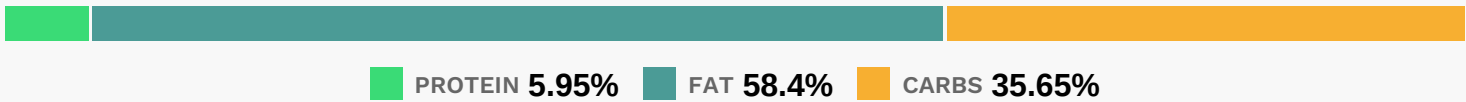
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a large bowl, dissolve the gelatin and sugar in the boiling water.
- ☐ Add the cream cheese and whisk until the melted into small chunks.
- ☐ Add pineapple with juice, soda and nuts and stir until evenly combined. Chill until set.

Nutrition Facts



Properties

Glycemic Index:17.85, Glycemic Load:1.07, Inflammation Score:-4, Nutrition Score:5.0439129808675%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

Nutrients (% of daily need)

Calories: 292.36kcal (14.62%), Fat: 19.59g (30.13%), Saturated Fat: 8.2g (51.25%), Carbohydrates: 26.91g (8.97%), Net Carbohydrates: 25.54g (9.29%), Sugar: 24.13g (26.81%), Cholesterol: 38.18mg (12.73%), Sodium: 191.09mg (8.31%), Alcohol: 0.23g (100%), Alcohol %: 0.16% (100%), Caffeine: 5.9mg (1.97%), Protein: 4.49g (8.98%), Manganese: 0.42mg (20.8%), Vitamin A: 531.63IU (10.63%), Copper: 0.18mg (8.99%), Phosphorus: 88.28mg (8.83%), Vitamin B1: 0.11mg (7.18%), Selenium: 4.7µg (6.72%), Vitamin B2: 0.11mg (6.66%), Fiber: 1.36g (5.45%), Magnesium: 21.21mg (5.3%), Calcium: 51.55mg (5.15%), Vitamin C: 3.65mg (4.43%), Zinc: 0.65mg (4.32%), Potassium: 136.39mg (3.9%), Vitamin B6: 0.07mg (3.45%), Vitamin E: 0.46mg (3.07%), Vitamin B5: 0.3mg (2.96%), Iron: 0.4mg (2.25%), Folate: 7.72µg (1.93%), Vitamin B12: 0.08µg (1.39%), Vitamin K: 1.38µg (1.31%), Vitamin B3: 0.26mg (1.29%)