



Lemon Lime Vegetable Salad



Gluten Free



Dairy Free

READY IN



265 min.

SERVINGS



2

CALORIES



405 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon apple cider vinegar
- ☐ 2 carrots grated peeled
- ☐ 2 stalks celery finely chopped
- ☐ 3 ounce jell-o® mix lemon flavored
- ☐ 3 ounce lime jell-o® mix flavored
- ☐ 0.5 cup pimento-stuffed olives green chopped
- ☐ 4 cups water boiling

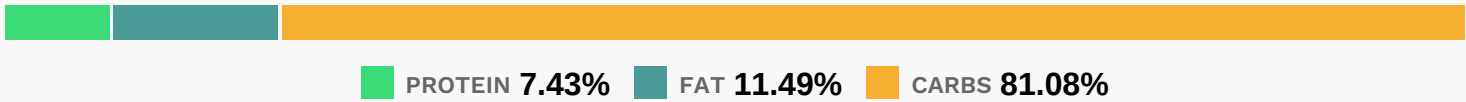
Equipment

☐ bowl

Directions

- ☐ In a large bowl, stir together the lemon gelatin mix, lime gelatin mix, and boiling water until gelatin has dissolved. Stir in the apple cider vinegar, cover, and refrigerate for about 1 hour to thicken.
- ☐ When the gelatin is thick but not set, stir in the celery, olives, and carrot so they are evenly dispersed throughout.
- ☐ Pour into a 1 quart mold and refrigerate until firm, at least 3 hours. To serve, unmold onto a plate.

Nutrition Facts



Properties

Glycemic Index:59.42, Glycemic Load:2.14, Inflammation Score:-10, Nutrition Score:10.991304335387%

Flavonoids

Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 405.16kcal (20.26%), Fat: 5.38g (8.27%), Saturated Fat: 0.72g (4.51%), Carbohydrates: 85.37g (28.46%), Net Carbohydrates: 81.9g (29.78%), Sugar: 76.82g (85.35%), Cholesterol: 0mg (0%), Sodium: 1020.95mg (44.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.82g (15.65%), Vitamin A: 10502.9IU (210.06%), Vitamin K: 20.24µg (19.28%), Phosphorus: 152.82mg (15.28%), Fiber: 3.46g (13.85%), Copper: 0.26mg (12.93%), Vitamin E: 1.8mg (11.98%), Potassium: 324.8mg (9.28%), Selenium: 6.23µg (8.9%), Manganese: 0.16mg (7.82%), Folate: 29.55µg (7.39%), Calcium: 70.95mg (7.1%), Vitamin B6: 0.13mg (6.25%), Vitamin C: 4.84mg (5.87%), Vitamin B2: 0.1mg (5.61%), Magnesium: 22.24mg (5.56%), Vitamin B3: 0.82mg (4.08%), Vitamin B1: 0.06mg (3.89%), Iron: 0.55mg (3.08%), Vitamin B5: 0.28mg (2.85%), Zinc: 0.27mg (1.8%)