



Lemon-Pineapple Salad

 **Gluten Free**  **Dairy Free**

READY IN



15 min.

SERVINGS



10

CALORIES



214 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 15 ounce pineapple crushed undrained canned
- 6 ounce gelatin powder lemon-flavored
- 21 ounce jell-o lemon flavor pudding & pie filling canned
- 2 teaspoons lemon rind grated
- 2 cups water boiling
- 8 ounce non-dairy whipped topping frozen thawed

Equipment

- bowl

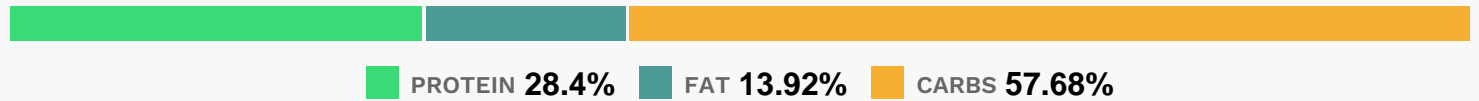
whisk

Directions

Stir together lemon-flavored gelatin and 2 cups boiling water in a large bowl until dissolved. Chill 1 hour or until consistency of unbeaten egg whites.

Whisk in lemon pie filling and whipped topping until smooth. Fold in pineapple and lemon rind; spoon mixture into a lightly greased 2-quart mold or serving dish. Chill 8 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.0508695627036%

Nutrients (% of daily need)

Calories: 213.86kcal (10.69%), Fat: 3.37g (5.18%), Saturated Fat: 2.58g (16.11%), Carbohydrates: 31.41g (10.47%), Net Carbohydrates: 30.82g (11.21%), Sugar: 28.16g (31.29%), Cholesterol: 10.57mg (3.52%), Sodium: 199.53mg (8.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.46g (30.93%), Copper: 0.42mg (21.16%), Selenium: 7.44µg (10.62%), Vitamin C: 4.51mg (5.47%), Vitamin B2: 0.07mg (4.05%), Vitamin B1: 0.05mg (3.49%), Calcium: 34.22mg (3.42%), Magnesium: 12.24mg (3.06%), Phosphorus: 26.44mg (2.64%), Fiber: 0.6g (2.38%), Potassium: 79mg (2.26%), Folate: 7.96µg (1.99%), Vitamin B6: 0.04mg (1.92%), Iron: 0.33mg (1.85%)