



Lime Congealed Salad

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



317 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15.5 ounce pineapple crushed drained canned
- ☐ 3 ounce cream cheese softened
- ☐ 3 ounce lime-flavored gelatin
- ☐ 16 large marshmallows
- ☐ 1 cup milk
- ☐ 0.5 cup pecans toasted chopped
- ☐ 1 cup whipping cream

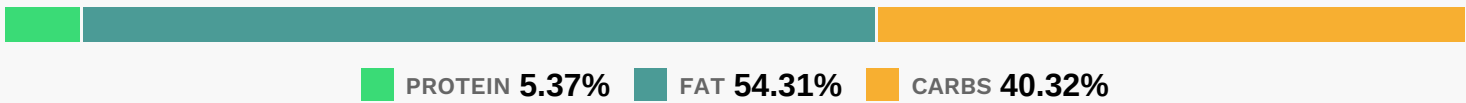
Equipment

- ☐ sauce pan
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Heat milk and marshmallows in a medium saucepan over low heat, stirring until marshmallows melt.
- ☐ Add gelatin, stirring until dissolved.
- ☐ Combine cream cheese, pineapple, and pecans. Stir into gelatin mixture until blended.
- ☐ Let cool completely.
- ☐ Beat whipping cream at medium speed with an electric mixer until stiff peaks form. Fold whipped cream into cream cheese mixture, and spoon into a lightly greased 8-cup mold or an 11- x 7-inch baking dish. Chill 6 hours or until firm.
- ☐ *Any flavor may be substituted.

Nutrition Facts



Properties

Glycemic Index:16.94, Glycemic Load:7.6, Inflammation Score:-5, Nutrition Score:5.6356521222902%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg

Nutrients (% of daily need)

Calories: 317.4kcal (15.87%), Fat: 19.92g (30.64%), Saturated Fat: 9.95g (62.2%), Carbohydrates: 33.27g (11.09%), Net Carbohydrates: 31.94g (11.62%), Sugar: 28.02g (31.14%), Cholesterol: 48.01mg (16%), Sodium: 114.29mg (4.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.43g (8.86%), Manganese: 0.28mg (14.17%), Vitamin A: 660.44IU (13.21%), Phosphorus: 96.53mg (9.65%), Vitamin B2: 0.15mg (8.62%), Copper: 0.16mg (8.23%), Vitamin B1: 0.12mg (8.19%), Calcium: 81.32mg (8.13%), Vitamin C: 5.41mg (6.56%), Magnesium: 22.92mg (5.73%), Selenium:

3.79µg (5.42%), Vitamin D: 0.81µg (5.41%), Fiber: 1.32g (5.29%), Potassium: 182.97mg (5.23%), Vitamin B6: 0.09mg (4.48%), Zinc: 0.59mg (3.94%), Vitamin B12: 0.24µg (3.93%), Vitamin E: 0.48mg (3.19%), Vitamin B5: 0.31mg (3.06%), Iron: 0.4mg (2.21%), Vitamin K: 1.87µg (1.78%), Folate: 6.71µg (1.68%), Vitamin B3: 0.3mg (1.51%)