



Lime Fluff

 Gluten Free

READY IN



60 min.

SERVINGS



10

CALORIES



459 kcal

SIDE DISH

Ingredients

- 20 ounce pineapple rings with juice crushed canned
- 6 ounce jell-o brand lime flavor gelatin flavored
- 16 ounce marshmallows miniature
- 1 cup pecans chopped
- 16 ounce cream sour
- 8 ounce non-dairy whipped topping frozen thawed

Equipment

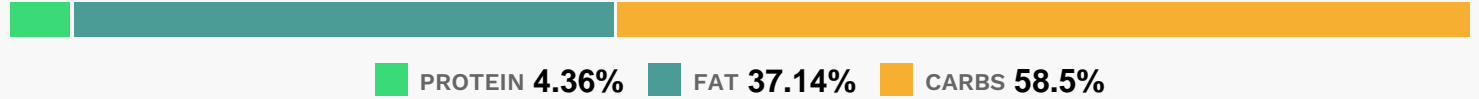
- bowl

Directions

In a large bowl, mix together gelatin, whipped topping, pineapple with juice, sour cream, marshmallows, and pecans. Cover and chill in refrigerator for at least 1 hour.

Serve cold.

Nutrition Facts



Properties

Glycemic Index:7.05, Glycemic Load:22.33, Inflammation Score:-3, Nutrition Score:6.2160869370336%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg

Nutrients (% of daily need)

Calories: 459kcal (22.95%), Fat: 19.77g (30.42%), Saturated Fat: 7.85g (49.05%), Carbohydrates: 70.06g (23.35%), Net Carbohydrates: 68.23g (24.81%), Sugar: 56.18g (62.42%), Cholesterol: 27.22mg (9.07%), Sodium: 146.51mg (6.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.22g (10.44%), Manganese: 0.5mg (25.05%), Copper: 0.27mg (13.3%), Phosphorus: 113.03mg (11.3%), Vitamin B1: 0.14mg (9.62%), Calcium: 80.49mg (8.05%), Vitamin B2: 0.13mg (7.65%), Fiber: 1.83g (7.32%), Magnesium: 29.06mg (7.27%), Vitamin C: 5.86mg (7.1%), Selenium: 4.77µg (6.82%), Vitamin A: 333.82IU (6.68%), Potassium: 198.06mg (5.66%), Zinc: 0.74mg (4.95%), Vitamin B6: 0.09mg (4.5%), Iron: 0.62mg (3.42%), Vitamin E: 0.45mg (3%), Vitamin B5: 0.25mg (2.51%), Folate: 9.6µg (2.4%), Vitamin B12: 0.14µg (2.34%), Vitamin K: 2.18µg (2.08%), Vitamin B3: 0.39mg (1.95%)