



Lime Fruit Salad in a Mold

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

READY IN



265 min.

SERVINGS



2

CALORIES



401 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 ounce lime jell-o® mix flavored
- 4 pears cored peeled chopped
- 4 rings pineapple canned drained
- 0.3 cup grapes red seedless halved
- 0.5 cup cherries dark sweet pitted drained
- 1 cup water cold

Equipment

- bowl

whisk

Directions

- In a large bowl, dissolve the gelatin in the boiling water.
- Whisk in the cold water and set aside to cool slightly.
- Rinse a 1-quart mold in cold water. Stir the pineapple, cherries, grapes and pears into the gelatin and pour into prepared mold. Refrigerate until set, at least four hours.

Nutrition Facts

 PROTEIN **4.72%**  FAT **1.25%**  CARBS **94.03%**

Properties

Glycemic Index:52.38, Glycemic Load:18.38, Inflammation Score:-4, Nutrition Score:9.0873913868614%

Flavonoids

Cyanidin: 17.76mg, Cyanidin: 17.76mg, Cyanidin: 17.76mg, Cyanidin: 17.76mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg Catechin: 2.47mg, Catechin: 2.47mg, Catechin: 2.47mg, Catechin: 2.47mg Epigallocatechin: 2.22mg, Epigallocatechin: 2.22mg, Epigallocatechin: 2.22mg, Epigallocatechin: 2.22mg Epicatechin: 15.11mg, Epicatechin: 15.11mg, Epicatechin: 15.11mg, Epicatechin: 15.11mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

Nutrients (% of daily need)

Calories: 400.9kcal (20.04%), Fat: 0.6g (0.92%), Saturated Fat: 0.1g (0.64%), Carbohydrates: 101.84g (33.95%), Net Carbohydrates: 89.89g (32.69%), Sugar: 78.92g (87.69%), Cholesterol: 0mg (0%), Sodium: 208.04mg (9.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.1g (10.22%), Fiber: 11.96g (47.83%), Vitamin C: 18.51mg (22.44%), Copper: 0.41mg (20.39%), Vitamin K: 19.16µg (18.25%), Potassium: 531.06mg (15.17%), Phosphorus: 113.84mg (11.38%), Manganese: 0.21mg (10.66%), Magnesium: 32.37mg (8.09%), Vitamin B2: 0.14mg (7.94%), Folate: 28.05µg (7.01%), Vitamin B6: 0.14mg (6.92%), Iron: 0.89mg (4.97%), Selenium: 3.23µg (4.62%), Vitamin B1: 0.07mg (4.56%), Calcium: 43.56mg (4.36%), Vitamin B3: 0.67mg (3.36%), Vitamin E: 0.49mg (3.25%), Zinc: 0.41mg (2.74%), Vitamin B5: 0.26mg (2.58%), Vitamin A: 124.54IU (2.49%)