



Lime Gelatin Salad II

 **Gluten Free**

READY IN



220 min.

SERVINGS



14

CALORIES



188 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup colby longhorn cheese shredded
- 2 teaspoons juice of lemon
- 6 ounce lime jell-o® mix flavored
- 0.5 cup nuts mixed
- 1 cup pineapple chunks drained
- 2 cups water
- 8 ounce non-dairy whipped topping frozen thawed
- 0.5 cup sugar white

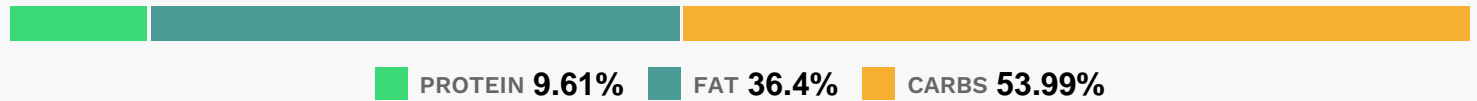
Equipment

- sauce pan

Directions

- In a medium saucepan, bring the water, sugar and lemon juice to a boil.
- Pour into a 9x13 inch dish with the lime flavored gelatin mix, allowing mix to dissolve. Stir in pineapple. Chill in the refrigerator 30 minutes, or until mixture begins to gel.
- Stir the Colby longhorn cheese, nuts and frozen whipped topping into the mixture. Chill in the refrigerator 3 to 4 hours, or until firm.

Nutrition Facts



Properties

Glycemic Index:7.13, Glycemic Load:5.24, Inflammation Score:-1, Nutrition Score:2.9604347762854%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 188.07kcal (9.4%), Fat: 7.84g (12.06%), Saturated Fat: 4.09g (25.57%), Carbohydrates: 26.16g (8.72%), Net Carbohydrates: 25.47g (9.26%), Sugar: 23.88g (26.54%), Cholesterol: 9.28mg (3.09%), Sodium: 127.79mg (5.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.66g (9.31%), Phosphorus: 95.82mg (9.58%), Calcium: 83.88mg (8.39%), Copper: 0.11mg (5.49%), Manganese: 0.1mg (5.12%), Magnesium: 18.32mg (4.58%), Vitamin B2: 0.07mg (4.13%), Selenium: 2.68µg (3.83%), Zinc: 0.52mg (3.49%), Fiber: 0.68g (2.74%), Potassium: 81.72mg (2.33%), Vitamin A: 114.97IU (2.3%), Vitamin C: 1.89mg (2.29%), Vitamin B1: 0.03mg (2.18%), Vitamin B6: 0.04mg (1.95%), Iron: 0.35mg (1.92%), Vitamin B12: 0.11µg (1.84%), Vitamin B3: 0.32mg (1.58%), Folate: 6.11µg (1.53%)