



Lime Jello Cottage Cheese Salad

 Gluten Free

READY IN



195 min.

SERVINGS



10

CALORIES



143 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 20 ounce pineapple crushed canned
- 12 large marshmallows
- 3 ounce jell-o brand lime flavor gelatin
- 1 cup curd cottage cheese
- 0.5 cup walnut pieces chopped
- 1 cup whipped cream

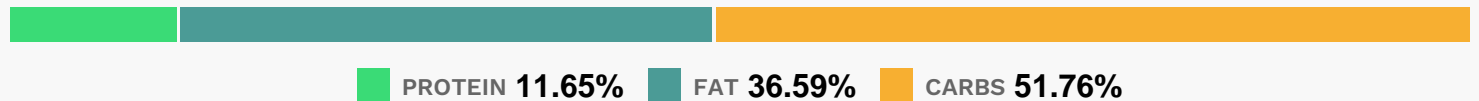
Equipment

- sauce pan

Directions

- Drain pineapple, saving juice.
- Add water if needed to make 1 1/2 cups juice.
- Put juice in saucepan and boil for 1 minute.
- Add marshmallows and melt while stirring.
- Add lime Jello and dissolve completely.
- Let cool until thickens.
- Add crushed pineapple, cottage cheese, nuts and whipped cream and stir.
- Refrigerator 1-2 hours until set.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:1.1, Inflammation Score:-2, Nutrition Score:3.6373913573182%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg

Nutrients (% of daily need)

Calories: 143.35kcal (7.17%), Fat: 6.11g (9.41%), Saturated Fat: 1.55g (9.72%), Carbohydrates: 19.46g (6.49%), Net Carbohydrates: 18.33g (6.67%), Sugar: 17.08g (18.98%), Cholesterol: 8.13mg (2.71%), Sodium: 107.62mg (4.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.38g (8.76%), Manganese: 0.2mg (10.06%), Copper: 0.17mg (8.56%), Phosphorus: 75mg (7.5%), Vitamin C: 5.41mg (6.55%), Vitamin B1: 0.09mg (5.73%), Magnesium: 20.27mg (5.07%), Selenium: 3.22µg (4.6%), Fiber: 1.13g (4.52%), Vitamin B6: 0.09mg (4.31%), Calcium: 38.58mg (3.86%), Vitamin B2: 0.06mg (3.67%), Potassium: 127.4mg (3.64%), Folate: 11.53µg (2.88%), Zinc: 0.34mg (2.3%), Iron: 0.36mg (2%), Vitamin A: 100.02IU (2%), Vitamin B12: 0.11µg (1.79%), Vitamin B5: 0.17mg (1.7%), Vitamin B3: 0.25mg (1.26%)