



Low Calorie Sparkling Mandarin Orange-Pineapple Mold

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

READY IN



305 min.

SERVINGS



5

CALORIES



181 kcal

SIDE DISH

Ingredients

- 11 oz mandarin orange segments drained canned
- 2 cups club soda cold
- 6 oz jell-o orange flavor gelatin
- 8 oz pineapple chunks drained canned
- 1.5 cups water boiling

Equipment

- bowl

Directions

- Stir boiling water into gelatin in large bowl at least 2 minutes until completely dissolved. Refrigerate 15 minutes. Gently stir in cold club soda. Refrigerate about 30 minutes or until slightly thickened (consistency of unbeaten egg whites). Gently stir for 15 seconds.
- Stir in orange segments and pineapple gently. Spoon into 6-cup mold sprayed with cooking spray; cover.
- Refrigerate 4 hours or until firm. Unmold.
- Garnish as desired. Store leftover gelatin mold in refrigerator.

Nutrition Facts

 **PROTEIN 7.1%**  **FAT 0.36%**  **CARBS 92.54%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:4.4373912566706%

Nutrients (% of daily need)

Calories: 180.53kcal (9.03%), Fat: 0.07g (0.12%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 43.71g (14.57%), Net Carbohydrates: 42.38g (15.41%), Sugar: 40.88g (45.43%), Cholesterol: 0mg (0%), Sodium: 185.52mg (8.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.35g (6.71%), Vitamin C: 25.41mg (30.8%), Vitamin A: 840.96IU (16.82%), Vitamin B1: 0.1mg (6.81%), Copper: 0.13mg (6.56%), Phosphorus: 58mg (5.8%), Fiber: 1.34g (5.35%), Potassium: 145.34mg (4.15%), Magnesium: 16mg (4%), Selenium: 2.71µg (3.87%), Zinc: 0.48mg (3.21%), Vitamin B6: 0.06mg (3.06%), Vitamin B2: 0.04mg (2.52%), Calcium: 22.62mg (2.26%), Vitamin B3: 0.41mg (2.05%), Iron: 0.35mg (1.94%), Folate: 6.41µg (1.6%)