



Orange Buttermilk Salad

 **Gluten Free**

READY IN

ready

510 min.

SERVINGS

servings

10

CALORIES

calories

193 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups buttermilk
- ☐ 20 ounce pineapple crushed undrained canned
- ☐ 6 ounce jell-o orange flavored
- ☐ 8 ounce non-dairy whipped topping frozen thawed
- ☐ 3 tablespoons sugar white

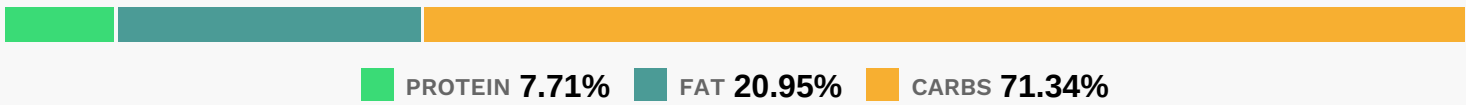
Equipment

- ☐ sauce pan

Directions

- ☐ Mix pineapple and sugar together in a medium saucepan, and bring to a low boil, stirring occasionally. Stir in gelatin until completely dissolved, remove from heat, and cool to room temperature.
- ☐ Add buttermilk, and refrigerate 1 hour, or until partially set.
- ☐ Gently fold in whipped topping.
- ☐ Pour mixture into a lightly oiled gelatin mold. Refrigerate 8 hours, or until completely set.

Nutrition Facts



Properties

Glycemic Index:10.11, Glycemic Load:3.24, Inflammation Score:-1, Nutrition Score:3.5543478604244%

Nutrients (% of daily need)

Calories: 193.25kcal (9.66%), Fat: 4.63g (7.13%), Saturated Fat: 3.48g (21.75%), Carbohydrates: 35.5g (11.83%), Net Carbohydrates: 34.76g (12.64%), Sugar: 34.01g (37.79%), Cholesterol: 5.73mg (1.91%), Sodium: 146.6mg (6.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.84g (7.67%), Phosphorus: 85.54mg (8.55%), Calcium: 80.92mg (8.09%), Vitamin B2: 0.12mg (7.21%), Vitamin C: 5.33mg (6.46%), Vitamin B1: 0.09mg (5.7%), Selenium: 3.71µg (5.3%), Copper: 0.1mg (4.76%), Potassium: 159.28mg (4.55%), Vitamin B12: 0.27µg (4.44%), Vitamin D: 0.62µg (4.16%), Magnesium: 15.23mg (3.81%), Vitamin B6: 0.06mg (3.23%), Fiber: 0.74g (2.95%), Vitamin A: 124.33IU (2.49%), Vitamin B5: 0.18mg (1.85%), Zinc: 0.26mg (1.76%), Folate: 6.43µg (1.61%), Iron: 0.22mg (1.22%), Vitamin K: 1.27µg (1.21%), Vitamin B3: 0.23mg (1.14%), Vitamin E: 0.16mg (1.06%)