



Orange Carrot Gelatin Salad

 **Gluten Free**

READY IN



265 min.

SERVINGS



6

CALORIES



216 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon apple cider vinegar
- 8 ounce pineapple with juice crushed canned
- 1 medium carrots grated peeled
- 1 cup fruit cocktail drained
- 0.3 cup mayonnaise low-fat
- 3 ounce neufchâtel cheese softened
- 6 ounce jell-o® mix orange flavored
- 1 cup water boiling

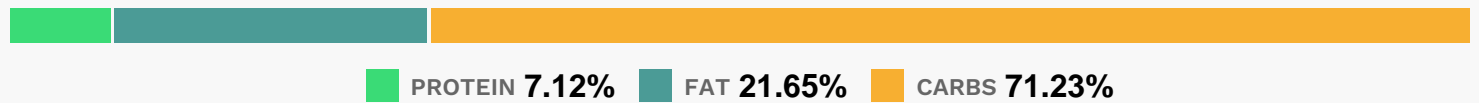
Equipment

- bowl
- whisk

Directions

- In a large bowl, stir together the orange gelatin and boiling water until the gelatin is dissolved.
- Whisk in the Neufchatel cheese and mayonnaise until well blended. The gelatin should be slightly thickened and cooled.
- Stir in the vinegar, carrot, pineapple, and fruit cocktail.
- Pour into a greased gelatin mold or serving bowl. Cover, and refrigerate until solid, about 4 hours.
- To unmold, dip the mold into a large bowl of warm water for a couple of minutes to loosen. Then invert onto a plate to serve.

Nutrition Facts



Properties

Glycemic Index:28.14, Glycemic Load:3.56, Inflammation Score:-8, Nutrition Score:4.8721739338792%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 216.45kcal (10.82%), Fat: 5.4g (8.3%), Saturated Fat: 2.15g (13.41%), Carbohydrates: 39.93g (13.31%), Net Carbohydrates: 38.75g (14.09%), Sugar: 36.68g (40.75%), Cholesterol: 11.98mg (3.99%), Sodium: 268.55mg (11.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.99g (7.98%), Vitamin A: 1926.98IU (38.54%), Vitamin K: 7.91µg (7.53%), Phosphorus: 71.78mg (7.18%), Vitamin C: 4.92mg (5.96%), Copper: 0.12mg (5.94%), Fiber: 1.18g (4.72%), Manganese: 0.09mg (4.27%), Selenium: 2.93µg (4.19%), Potassium: 143.55mg (4.1%), Vitamin B1: 0.06mg (3.82%), Vitamin E: 0.54mg (3.58%), Vitamin B6: 0.07mg (3.46%), Vitamin B2: 0.06mg (3.24%), Calcium: 31.18mg (3.12%), Magnesium: 11.6mg (2.9%), Folate: 8.24µg (2.06%), Vitamin B3: 0.39mg (1.97%), Iron: 0.33mg (1.81%), Zinc: 0.23mg (1.53%), Vitamin B5: 0.14mg (1.43%)