



Orange Gelatin Salad

 **Gluten Free**

READY IN



40 min.

SERVINGS



8

CALORIES



232 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 11 ounce mandarin orange segments drained canned
- ☐ 8 ounce pineapple crushed drained canned
- ☐ 16 ounces curd cottage cheese
- ☐ 6 ounce jell-o® mix orange flavored
- ☐ 8 ounces non-dairy whipped topping frozen thawed

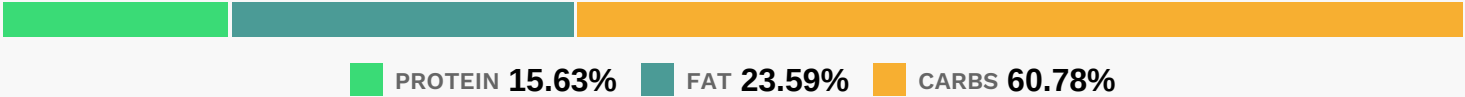
Equipment

- ☐ mixing bowl

Directions

- ☐ In a mixing bowl, combine the oranges, pineapple and gelatin.
- ☐ Mix well and chill for 1/2 an hour.
- ☐ Add cottage cheese to fruit; stir to mix.
- ☐ Gently fold in whipped topping; chill and serve.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0.52, Inflammation Score:-5, Nutrition Score:5.2547826216273%

Nutrients (% of daily need)

Calories: 231.9kcal (11.59%), Fat: 6.2g (9.54%), Saturated Fat: 4.18g (26.14%), Carbohydrates: 35.93g (11.98%), Net Carbohydrates: 35.09g (12.76%), Sugar: 33.76g (37.51%), Cholesterol: 10.21mg (3.4%), Sodium: 300.33mg (13.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.24g (18.48%), Vitamin C: 15.88mg (19.25%), Phosphorus: 147.38mg (14.74%), Vitamin A: 625.96IU (12.52%), Selenium: 7.87µg (11.25%), Vitamin B2: 0.14mg (8.51%), Calcium: 77.04mg (7.7%), Vitamin B1: 0.08mg (5.66%), Potassium: 177.26mg (5.06%), Vitamin B12: 0.3µg (5.01%), Copper: 0.09mg (4.53%), Magnesium: 15.49mg (3.87%), Vitamin B6: 0.07mg (3.5%), Fiber: 0.84g (3.35%), Zinc: 0.49mg (3.28%), Vitamin B5: 0.32mg (3.19%), Folate: 11.66µg (2.91%), Vitamin B3: 0.34mg (1.7%), Vitamin E: 0.25mg (1.67%), Iron: 0.28mg (1.56%), Vitamin K: 1.11µg (1.05%)