



Orange Salad

 Dairy Free

READY IN



250 min.

SERVINGS



10

CALORIES



241 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 bananas sliced
- ☐ 1 eggs beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 1 tablespoon butter softened
- ☐ 3 ounce jell-o® mix orange flavored
- ☐ 15 ounce pineapple chunks drained canned
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup water

- ☐ 8 ounce non-dairy whipped topping frozen thawed
- ☐ 0.8 cup sugar white

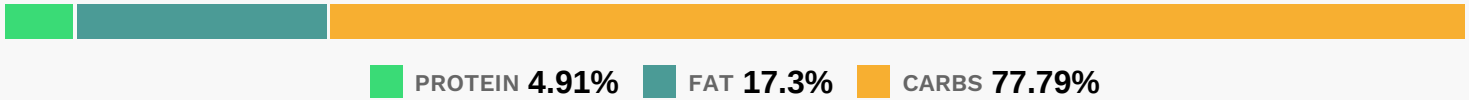
Equipment

- ☐ sauce pan

Directions

- ☐ In a medium saucepan over low heat, mix the egg, sugar, flour, 1/2 can pineapple, margarine and vanilla extract. Slowly cook and stir until thickened.
- ☐ Pour into an 8x8 inch dish.
- ☐ Mix in the whipped topping. Chill in the refrigerator 1 hour, or until firm.
- ☐ Dissolve the orange flavored gelatin mix in boiling water. Stir in remaining water. Chill in the refrigerator 1 hour, or until thick but not firm.
- ☐ Mix bananas and remaining pineapple into the gelatin.
- ☐ Spread on top of the mixture in the dish. Chill in the refrigerator 3 hours, or until firm.

Nutrition Facts



Properties

Glycemic Index:19.99, Glycemic Load:17.99, Inflammation Score:-2, Nutrition Score:4.6517391386239%

Flavonoids

Catechin: 2.88mg, Catechin: 2.88mg, Catechin: 2.88mg, Catechin: 2.88mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 241.16kcal (12.06%), Fat: 4.81g (7.4%), Saturated Fat: 3g (18.73%), Carbohydrates: 48.64g (16.21%), Net Carbohydrates: 46.75g (17%), Sugar: 39.54g (43.93%), Cholesterol: 16.82mg (5.61%), Sodium: 77.76mg (3.38%), Alcohol: 0.14g (100%), Alcohol %: 0.1% (100%), Protein: 3.07g (6.15%), Vitamin B6: 0.22mg (10.96%), Vitamin C: 8.11mg (9.83%), Manganese: 0.16mg (7.98%), Fiber: 1.89g (7.57%), Potassium: 257.22mg (7.35%), Selenium: 4.61µg (6.59%), Vitamin B2: 0.11mg (6.57%), Vitamin B1: 0.1mg (6.5%), Magnesium: 22.65mg (5.66%), Phosphorus: 55.69mg (5.57%), Folate: 22.21µg (5.55%), Copper: 0.11mg (5.45%), Vitamin B3: 0.71mg (3.55%), Iron: 0.55mg (3.08%),

Calcium: 29.93mg (2.99%), Vitamin A: 142.09IU (2.84%), Vitamin B5: 0.25mg (2.46%), Vitamin E: 0.26mg (1.74%),
Zinc: 0.23mg (1.51%), Vitamin B12: 0.09µg (1.43%), Vitamin K: 1.29µg (1.22%)