

Pastel Gelatin Salad

 **Gluten Free**

READY IN



25 min.

SERVINGS



15

CALORIES



253 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 ounces cream cheese cubed
- 0.5 cup evaporated milk
- 3 ounces gelatin mix
- 3 ounces gelatin mix
- 10 ounces marshmallows miniature
- 0.5 cup mayonnaise
- 8 ounces pineapple unsweetened crushed undrained canned
- 0.5 cup walnut pieces chopped

2 cups water boiling

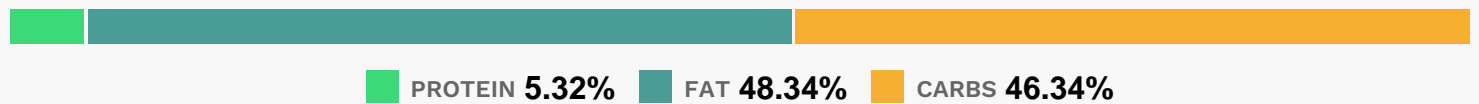
Equipment

bowl

Directions

- In a large bowl, combine lemon and lime gelatin with boiling water; stir until dissolved.
- Add cream cheese; let stand for 10 minutes. Beat on high speed until smooth. Stir in milk and mayonnaise. Fold in pineapple.
- Pour into an ungreased 13-in. x 9-in. dish.
- Sprinkle with nuts and marshmallows. Cover and refrigerate until set.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:9.59, Inflammation Score:-2, Nutrition Score:3.2947826502116%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg

Nutrients (% of daily need)

Calories: 252.92kcal (12.65%), Fat: 14.02g (21.57%), Saturated Fat: 4.56g (28.53%), Carbohydrates: 30.24g (10.08%), Net Carbohydrates: 29.76g (10.82%), Sugar: 24.36g (27.06%), Cholesterol: 20.84mg (6.95%), Sodium: 173.56mg (7.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.47g (6.94%), Vitamin K: 12.75µg (12.14%), Manganese: 0.14mg (6.93%), Phosphorus: 66.85mg (6.69%), Copper: 0.12mg (6.02%), Vitamin A: 236.33IU (4.73%), Calcium: 45.28mg (4.53%), Vitamin B2: 0.08mg (4.51%), Selenium: 3µg (4.28%), Magnesium: 12.8mg (3.2%), Vitamin E: 0.42mg (2.79%), Vitamin B1: 0.04mg (2.49%), Potassium: 84.59mg (2.42%), Vitamin B6: 0.05mg (2.31%), Zinc: 0.3mg (1.99%), Vitamin C: 1.63mg (1.98%), Fiber: 0.48g (1.91%), Folate: 7.51µg (1.88%), Vitamin B5: 0.18mg (1.77%), Iron: 0.26mg (1.46%)