



Pear Lime Gelatin

 **Gluten Free**

READY IN



20 min.

SERVINGS



6

CALORIES



191 kcal

SIDE DISH

Ingredients

- 29 ounces pear juice canned
- 3 ounces gelatin mix
- 3 ounces cream cheese cubed
- 1 cup non-dairy whipped topping

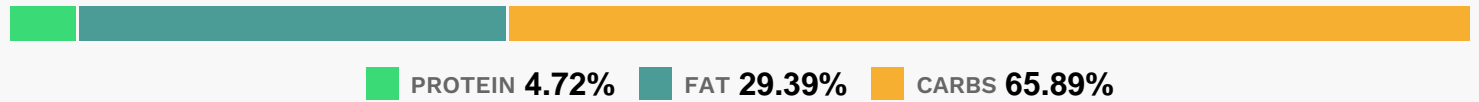
Equipment

- bowl
- sauce pan
- whisk

Directions

- Drain pears, reserving juice; set pears aside. Measure the juice; add water if needed to equal 1-1/2 cups.
- Pour into a saucepan; bring to a boil.
- Add gelatin; stir until dissolved. Gradually add cream cheese, whisking until smooth.
- Cover and refrigerate until cool. Mash pears; fold into gelatin mixture. Fold in whipped topping.
- Pour into a 6-cup serving bowl. Refrigerate until set.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.21, Inflammation Score:-3, Nutrition Score:4.8895651970221%

Nutrients (% of daily need)

Calories: 190.54kcal (9.53%), Fat: 6.51g (10.02%), Saturated Fat: 4.28g (26.72%), Carbohydrates: 32.87g (10.96%), Net Carbohydrates: 32.73g (11.9%), Sugar: 25.65g (28.5%), Cholesterol: 14.57mg (4.86%), Sodium: 130.52mg (5.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.35g (4.7%), Vitamin C: 46.31mg (56.14%), Phosphorus: 60.85mg (6.08%), Potassium: 210.46mg (6.01%), Copper: 0.11mg (5.48%), Vitamin B2: 0.09mg (5.34%), Vitamin K: 5.36µg (5.1%), Selenium: 3.02µg (4.31%), Vitamin A: 199.62IU (3.99%), Calcium: 39.49mg (3.95%), Magnesium: 13.4mg (3.35%), Vitamin B3: 0.44mg (2.19%), Vitamin E: 0.31mg (2.05%), Folate: 7.56µg (1.89%), Vitamin B1: 0.02mg (1.33%), Zinc: 0.19mg (1.3%), Vitamin B6: 0.02mg (1.21%)