

Pineapple Gelatin Salad

READY IN



25 min.

SERVINGS



16

CALORIES



222 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 20 ounces pineapple crushed canned
- 8 ounces cream cheese softened
- 2 egg yolk lightly beaten
- 2 tablespoons flour all-purpose
- 6 ounces gelatin mix
- 3 tablespoons juice of lemon
- 0.8 cup sugar
- 3 tablespoons water
- 16 ounces non-dairy whipped topping frozen thawed

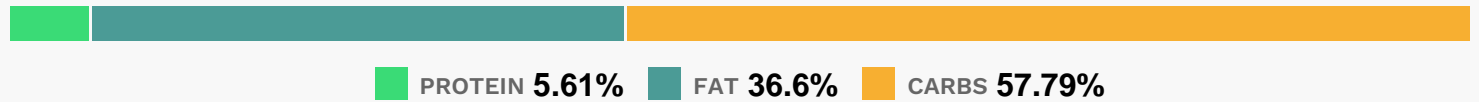
Equipment

- bowl
- sauce pan

Directions

- Drain pineapple, reserving juice. Dissolve gelatin in water; add pineapple.
- Pour into a 13-in. x 9-in. dish; chill until almost set, about 45 minutes.
- In a bowl, beat cream cheese and whipped topping until smooth. Carefully spread over gelatin; chill for 30 minutes. Meanwhile, in a saucepan over medium heat, combine sugar, lemon juice, water, flour, egg yolks and reserved pineapple juice; bring to a boil, stirring constantly. Cook 1 minute or until thickened. Cool. Carefully spread over cream cheese layer. Chill for at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:10.76, Glycemic Load:7.27, Inflammation Score:-2, Nutrition Score:2.7930434838585%

Flavonoids

Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 222.25kcal (11.11%), Fat: 9.27g (14.26%), Saturated Fat: 6.29g (39.29%), Carbohydrates: 32.94g (10.98%), Net Carbohydrates: 32.44g (11.8%), Sugar: 30.87g (34.3%), Cholesterol: 39.18mg (13.06%), Sodium: 116.18mg (5.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.2g (6.39%), Phosphorus: 63.63mg (6.36%), Selenium: 4.39µg (6.27%), Vitamin C: 4.42mg (5.36%), Vitamin A: 261.68IU (5.23%), Vitamin B2: 0.09mg (5.21%), Calcium: 43.26mg (4.33%), Vitamin B1: 0.06mg (3.83%), Copper: 0.06mg (3.02%), Potassium: 98.57mg (2.82%), Vitamin B6: 0.05mg (2.49%), Folate: 9.78µg (2.45%), Magnesium: 9.3mg (2.33%), Vitamin E: 0.33mg (2.22%), Vitamin B12: 0.13µg (2.2%), Fiber: 0.49g (1.98%), Vitamin B5: 0.16mg (1.57%), Iron: 0.27mg (1.49%), Vitamin K: 1.47µg (1.4%), Zinc: 0.2mg (1.31%), Vitamin B3: 0.2mg (1.01%)