

Pineapple Lime Molds

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



223 kcal

SIDE DISH

Ingredients

- 8 ounces cream cheese softened
- 0.8 cup lemon lime soda
- 3 ounces gelatin mix
- 8 ounces pineapple unsweetened crushed canned
- 1 teaspoon vanilla extract

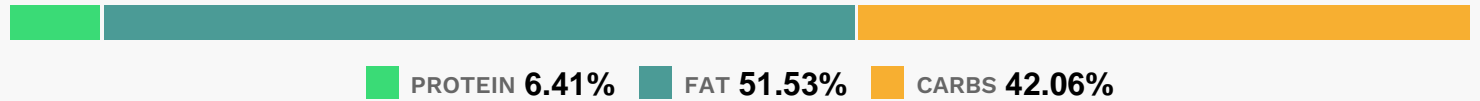
Equipment

- bowl
- sauce pan

Directions

- Drain pineapple, reserving juice; set the pineapple aside.
- Add enough water to the juice to measure 1 cup; transfer to a saucepan. Bring to a boil; stir in gelatin until dissolved.
- In a small bowl, beat cream cheese until smooth.
- Add gelatin mixture; beat on medium speed for 2 minutes.
- Add soda and vanilla; beat for 1 minute.
- Add reserved pineapple; beat on low for 1 minute.
- Pour into six individual molds or dessert dishes. Refrigerate for 4 hours or until set.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.56, Inflammation Score:-3, Nutrition Score:2.855652158675%

Nutrients (% of daily need)

Calories: 223kcal (11.15%), Fat: 13.05g (20.07%), Saturated Fat: 7.64g (47.74%), Carbohydrates: 23.95g (7.98%), Net Carbohydrates: 23.46g (8.53%), Sugar: 22.1g (24.55%), Cholesterol: 38.18mg (12.73%), Sodium: 188.13mg (8.18%), Alcohol: 0.23g (100%), Alcohol %: 0.24% (100%), Caffeine: 4.43mg (1.47%), Protein: 3.65g (7.3%), Vitamin A: 526.55IU (10.53%), Phosphorus: 63.12mg (6.31%), Selenium: 4.35µg (6.22%), Vitamin B2: 0.1mg (5.96%), Calcium: 43.8mg (4.38%), Vitamin C: 3.55mg (4.31%), Copper: 0.06mg (3.22%), Vitamin B1: 0.05mg (3.18%), Potassium: 99.04mg (2.83%), Vitamin B6: 0.05mg (2.49%), Magnesium: 9.73mg (2.43%), Vitamin E: 0.33mg (2.22%), Vitamin B5: 0.22mg (2.18%), Fiber: 0.49g (1.97%), Zinc: 0.23mg (1.55%), Folate: 5.72µg (1.43%), Vitamin B12: 0.08µg (1.39%), Vitamin K: 1.06µg (1.01%)