



Pineapple Orange Fruit Mold



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



12

CALORIES



117 kcal

SIDE DISH

Ingredients

- ☐ 11 ounce dole mandarin oranges drained canned
- ☐ 6 ounce peach flavor gelatin mix
- ☐ 20 ounce dole® pineapple chunks canned drained
- ☐ 1.5 cups water cold
- ☐ 1.5 cups non-dairy whipped topping thawed

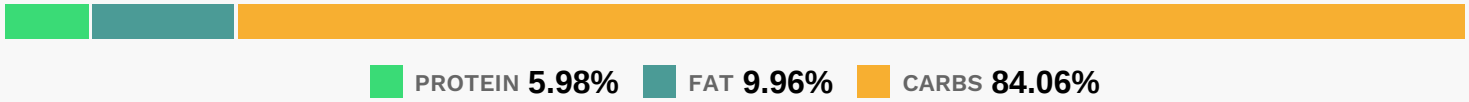
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Stir boiling water into gelatin in large bowl at least 2 minutes until completely dissolved. Stir in cold water. Refrigerate 45 minutes or until slightly thickened.
- ☐ Remove 1-1/2 cups gelatin; let stand at room temperature.
- ☐ Stir drained fruit into remaining gelatin. Spoon into 6-cup mold sprayed with nonstick cooking spray. Refrigerate 15 minutes or until set not firm.
- ☐ Whisk whipped topping into reserved gelatin until blended. Spoon over gelatin layer in mold. Refrigerate 4 hours or until firm. Unmold.

Nutrition Facts



Properties

Glycemic Index:3.5, Glycemic Load:1.26, Inflammation Score:-2, Nutrition Score:2.4891304321911%

Flavonoids

Hesperetin: 2.06mg, Hesperetin: 2.06mg, Hesperetin: 2.06mg, Hesperetin: 2.06mg Naringenin: 2.6mg, Naringenin: 2.6mg, Naringenin: 2.6mg, Naringenin: 2.6mg

Nutrients (% of daily need)

Calories: 117.13kcal (5.86%), Fat: 1.36g (2.09%), Saturated Fat: 1.07g (6.71%), Carbohydrates: 25.85g (8.62%), Net Carbohydrates: 24.77g (9.01%), Sugar: 23.9g (26.56%), Cholesterol: 0.19mg (0.06%), Sodium: 75.28mg (3.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.84g (3.68%), Vitamin C: 11.38mg (13.79%), Vitamin B1: 0.07mg (4.37%), Fiber: 1.08g (4.33%), Copper: 0.08mg (4.19%), Vitamin A: 207.53IU (4.15%), Phosphorus: 35.43mg (3.54%), Potassium: 112.19mg (3.21%), Vitamin B6: 0.06mg (2.89%), Magnesium: 11.44mg (2.86%), Calcium: 25.14mg (2.51%), Selenium: 1.39µg (1.99%), Vitamin B2: 0.03mg (1.97%), Folate: 7.23µg (1.81%), Vitamin B3: 0.24mg (1.21%), Iron: 0.2mg (1.11%)