



Pineapple Upside-Down Lime Mold

 Gluten Free

READY IN



375 min.

SERVINGS



12

CALORIES



126 kcal

SIDE DISH

Ingredients

- 8 oz philadelphia cream cheese softened
- 1 pkg jell-o lime flavor gelatin (8-serving size)
- 7 maraschino cherry halves
- 20 oz pineapple in juice undrained canned
- 1.5 cups water boiling
- 12 servings water cold

Equipment

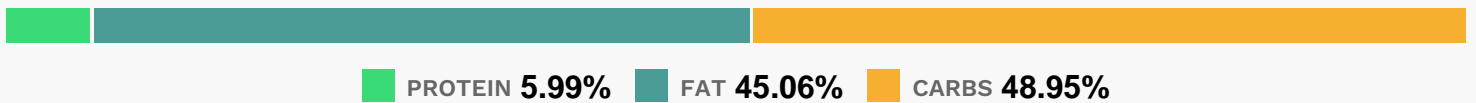
- bowl

- frying pan
- whisk
- cake form

Directions

- Drain pineapple, reserving juice.
- Add enough cold water to juice to measure 1-1/2 cups; set aside. Arrange 7 pineapple slices in bottom of 9-inch round cake pan sprayed with cooking spray.
- Place maraschino cherry half, cut-side up, in center of each pineapple slice. Chop remaining pineapple slices; set aside.
- Stir boiling water into dry gelatin mix in large bowl at least 2 min. until completely dissolved. Stir in measured pineapple juice and water.
- Remove 1 cup of the gelatin; set aside at room temperature. Refrigerate remaining gelatin 1-1/2 hours or until thickened (spoon drawn through leaves definite impression). Stir in chopped pineapple. Spoon gelatin over pineapple slices in pan. Refrigerate 30 min. or until set but not firm (should stick to finger when touched and should mound).
- Beat cream cheese in large bowl with wire whisk until creamy. Gradually beat in reserved 1 cup gelatin.
- Pour over gelatin layer in pan. Refrigerate 4 hours or until firm. Unmold. Store leftover gelatin in refrigerator.

Nutrition Facts



Properties

Glycemic Index:2.25, Glycemic Load:0.28, Inflammation Score:-2, Nutrition Score:2.2504347653493%

Nutrients (% of daily need)

Calories: 126.3kcal (6.31%), Fat: 6.56g (10.09%), Saturated Fat: 3.82g (23.89%), Carbohydrates: 16.03g (5.34%), Net Carbohydrates: 15.32g (5.57%), Sugar: 14.67g (16.31%), Cholesterol: 19.09mg (6.36%), Sodium: 106.25mg (4.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.96g (3.92%), Vitamin A: 278.76IU (5.58%), Copper: 0.11mg (5.45%), Vitamin C: 4.44mg (5.38%), Calcium: 35.66mg (3.57%), Vitamin B1: 0.05mg (3.52%), Phosphorus: 33.61mg (3.36%), Vitamin B2: 0.06mg (3.31%), Selenium: 2.29µg (3.28%), Magnesium: 11.71mg (2.93%), Fiber: 0.71g (2.83%),

Potassium: 84.64mg (2.42%), Vitamin B6: 0.05mg (2.31%), Zinc: 0.18mg (1.18%), Vitamin E: 0.17mg (1.16%), Vitamin B5: 0.11mg (1.1%), Folate: 4.28µg (1.07%)