



Sea Foam Salad

 **Gluten Free**

READY IN



180 min.

SERVINGS



8

CALORIES



266 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 ounce cream cheese softened
- 3 ounce lime jell-o® mix flavored
- 2 tablespoons milk
- 30 ounce pear halves canned
- 8 ounce non-dairy whipped topping frozen thawed

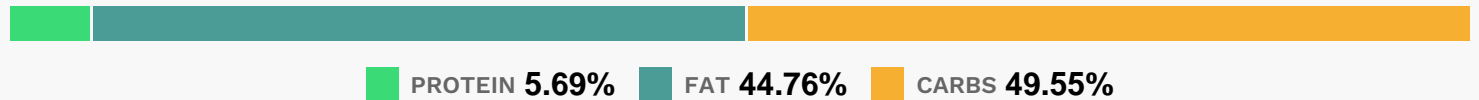
Equipment

- bowl
- sauce pan

Directions

- In a small saucepan, heat 1 cup reserved pear juice to boiling.
- Pour over lime gelatin in a small bowl; stir until dissolved. Set aside.
- In a large bowl, beat cream cheese with milk until smooth. Blend in gelatin mixture. Chill in the refrigerator until partially thickened, about 20 to 30 minutes.
- In a small bowl, mash pears until smooth. Fold pears and whipped topping into gelatin mixture.
- Pour into a mold. Chill until set, about 2 to 3 hours.
- Dip mold in warm water for approximately 5 seconds. Invert onto a serving plate

Nutrition Facts



Properties

Glycemic Index:12.72, Glycemic Load:5.22, Inflammation Score:-3, Nutrition Score:4.2691304385662%

Flavonoids

Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 4mg, Epicatechin: 4mg, Epicatechin: 4mg, Epicatechin: 4mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 266.08kcal (13.3%), Fat: 13.73g (21.13%), Saturated Fat: 9.02g (56.4%), Carbohydrates: 34.21g (11.4%), Net Carbohydrates: 30.92g (11.24%), Sugar: 27.45g (30.5%), Cholesterol: 29.65mg (9.88%), Sodium: 161.46mg (7.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.93g (7.86%), Fiber: 3.3g (13.18%), Vitamin A: 434.37IU (8.69%), Phosphorus: 82.85mg (8.28%), Vitamin B2: 0.13mg (7.52%), Calcium: 62.13mg (6.21%), Vitamin K: 6.19µg (5.9%), Selenium: 4.01µg (5.73%), Potassium: 195.74mg (5.59%), Vitamin C: 4.57mg (5.54%), Copper: 0.11mg (5.38%), Vitamin E: 0.51mg (3.43%), Magnesium: 12.64mg (3.16%), Folate: 11.16µg (2.79%), Manganese: 0.06mg (2.77%), Vitamin B6: 0.05mg (2.74%), Vitamin B12: 0.14µg (2.32%), Vitamin B5: 0.23mg (2.29%), Zinc: 0.29mg (1.95%), Vitamin B1: 0.03mg (1.82%), Iron: 0.26mg (1.47%), Vitamin B3: 0.23mg (1.15%)