



Six-Layer Gelatin Salad

 Gluten Free

READY IN



40 min.

SERVINGS



20

CALORIES



143 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 medium banana firm thinly sliced
- 8 ounces pineapple crushed drained canned
- 3 tablespoons powdered sugar
- 1 cup cup heavy whipping cream
- 6 ounces gelatin mix
- 6 ounces orange gelatin
- 3 ounces strawberry gelatin
- 4.5 cups water cold divided

Equipment

- bowl

Directions

- In a bowl, dissolve one package of lime gelatin in 3/4 cup boiling water; stir in 3/4 cup cold water. Refrigerate until slightly thickened. In a small bowl, beat cream until slightly thickened.
- Add sugar; beat until soft peaks form. Fold in a third of the whipped cream into the lime gelatin. Spoon into a 4-qt. bowl. Refrigerate until firm. Refrigerate remaining whipped cream.
- In a bowl, dissolve one package of orange gelatin in 3/4 cup boiling water; stir in 3/4 cup cold water. Refrigerate until slightly thickened. Fold in mandarin oranges. Spoon over creamy lime layer. Refrigerate until firm.
- In a bowl, dissolve lemon gelatin in 3/4 cup boiling water; stir in 3/4 cup cold water. Refrigerate until slightly thickened. Fold in a third of the whipped cream. spoon over orange layer. Refrigerate until firm.
- In a bowl, dissolve remaining package of lime gelatin in 3/4 cup boiling water; stir in 3/4 cup cold water. Refrigerate until slightly thickened. Fold in pineapple. Spoon over creamy lemon layer. Refrigerate until firm.
- In a bowl, dissolve remaining package of orange gelatin in 3/4 cup boiling water; stir in 3/4 cup cold water. Refrigerate until slightly thickened. Fold in remaining whipped cream. Spoon over lime layer. Refrigerate until firm.
- In a bowl, dissolve strawberry gelatin in remaining boiling water; stir in remaining cold water. Refrigerate until slightly thickened. Fold in bananas. Spoon over creamy orange layer. Refrigerate overnight.

Nutrition Facts



PROTEIN 5.87% **FAT 26.3%** **CARBS 67.83%**

Properties

Glycemic Index:2.74, Glycemic Load:1.31, Inflammation Score:-1, Nutrition Score:1.6178260886151%

Flavonoids

Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 143.44kcal (7.17%), Fat: 4.35g (6.69%), Saturated Fat: 2.75g (17.19%), Carbohydrates: 25.23g (8.41%), Net Carbohydrates: 24.78g (9.01%), Sugar: 22.87g (25.41%), Cholesterol: 13.45mg (4.48%), Sodium: 105.21mg (4.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.18g (4.37%), Phosphorus: 40.27mg (4.03%), Vitamin A: 188.15IU (3.76%), Copper: 0.06mg (2.82%), Vitamin B6: 0.06mg (2.81%), Selenium: 1.95µg (2.79%), Vitamin C: 2.16mg (2.62%), Vitamin B2: 0.04mg (2.49%), Potassium: 69.12mg (1.97%), Fiber: 0.45g (1.82%), Manganese: 0.03mg (1.72%), Magnesium: 6.68mg (1.67%), Vitamin D: 0.19µg (1.27%), Calcium: 12.51mg (1.25%), Vitamin B1: 0.02mg (1.22%), Folate: 4.04µg (1.01%)