



Tropical Terrine

 Dairy Free

READY IN



295 min.

SERVINGS



12

CALORIES



116 kcal

SIDE DISH

Ingredients

- 11 oz mandarin orange segments drained canned
- 3 oz ladyfingers split divided
- 1 pkg jell-o island pineapple flavor gelatin (8-serving size)
- 8 oz pineapple in juice crushed undrained canned
- 1 cup water cold
- 1.5 cups water boiling
- 8 oz cool whip whipped topping divided thawed

Equipment

- bowl
- frying pan
- plastic wrap
- loaf pan

Directions

- Line bottom and sides of 9x5-inch loaf pan with plastic wrap. Stand enough ladyfingers, cut sides in, to evenly fit along sides of pan.
- Stir boiling water into gelatin in large bowl at least 2 min. until completely dissolved. Stir in pineapple with its juice and the water. Refrigerate about 1-1/4 hours or until slightly thickened (consistency of unbeaten egg whites). Gently stir in 2 cups of the whipped topping and the oranges. Spoon into prepared pan. Arrange remaining ladyfingers, cut sides down, evenly on top of gelatin mixture.
- Refrigerate 3 hours or until firm.
- Place serving plate on top of pan. Invert, holding pan and plate together; shake gently to loosen. Carefully remove pan and plastic wrap. Top with remaining whipped topping. Store leftover dessert in refrigerator.

Nutrition Facts



PROTEIN 7.27% **FAT 23.84%** **CARBS 68.89%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:2.6739130460698%

Nutrients (% of daily need)

Calories: 116.41kcal (5.82%), Fat: 3.15g (4.85%), Saturated Fat: 2.38g (14.9%), Carbohydrates: 20.49g (6.83%), Net Carbohydrates: 19.86g (7.22%), Sugar: 15.39g (17.1%), Cholesterol: 16.04mg (5.35%), Sodium: 60.99mg (2.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.16g (4.32%), Vitamin C: 10.59mg (12.83%), Vitamin A: 403.79IU (8.08%), Vitamin B1: 0.07mg (4.42%), Phosphorus: 40.42mg (4.04%), Vitamin B2: 0.06mg (3.66%), Copper: 0.06mg (2.79%), Fiber: 0.63g (2.51%), Potassium: 86.37mg (2.47%), Calcium: 24.58mg (2.46%), Iron: 0.4mg (2.25%), Magnesium: 8.5mg (2.13%), Folate: 8.48µg (2.12%), Vitamin B6: 0.04mg (1.89%), Zinc: 0.26mg (1.75%), Vitamin B3: 0.34mg (1.69%), Selenium: 1.11µg (1.58%), Vitamin B12: 0.09µg (1.52%)