



Under-the-Sea Salad

 Gluten Free

READY IN



320 min.

SERVINGS



20

CALORIES



58 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 oz philadelphia cream cheese softened ()
- 0.1 tsp ground cinnamon
- 1 Tbsp juice of lemon fresh
- 1 pkg jell-o lime flavor gelatin (4-serving size)
- 15 oz pear halves in syrup light undrained canned
- 0.3 tsp salt
- 1 cup water boiling

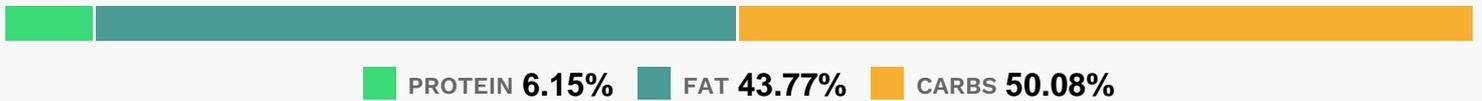
Equipment

- bowl
- frying pan
- loaf pan

Directions

- Drain pears, reserving 3/4 cup of the syrup. Dice pears; set aside.
- Stir boiling water into gelatin and salt in medium bowl at least 2 minutes until completely dissolved. Stir in reserved syrup and lemon juice.
- Pour 1-1/4 cups gelatin mixture into 8x4-inch loaf pan or 4-cup mold sprayed with cooking spray. Refrigerate about 1 hour or until set but not firm (should stick to finger when touched and should mound).
- Beat remaining gelatin mixture gradually into cream cheese until smooth. Stir in pears and cinnamon. Spoon over clear gelatin in pan.
- Refrigerate 4 hours or until firm. Unmold.
- Cut into 8 slices. Store leftover gelatin mold in refrigerator.

Nutrition Facts



Properties

Glycemic Index:3.44, Glycemic Load:1.07, Inflammation Score:-1, Nutrition Score:0.92739131528398%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 58.28kcal (2.91%), Fat: 2.96g (4.55%), Saturated Fat: 1.72g (10.77%), Carbohydrates: 7.61g (2.54%), Net Carbohydrates: 6.94g (2.52%), Sugar: 6.07g (6.74%), Cholesterol: 8.59mg (2.86%), Sodium: 76.39mg (3.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.93g (1.87%), Fiber: 0.67g (2.68%), Vitamin A: 119.63IU (2.39%), Phosphorus: 17.71mg (1.77%), Vitamin B2: 0.03mg (1.59%), Selenium: 1.04µg (1.48%), Vitamin C: 1.21mg (1.46%), Copper: 0.03mg (1.3%), Calcium: 10.87mg (1.09%), Vitamin K: 1.12µg (1.07%), Potassium: 37.04mg (1.06%)