



Whipped Carrot Salad

 Gluten Free

READY IN



10 min.

SERVINGS



12

CALORIES



161 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 ounces orange gelatin
- 2 cups water boiling
- 8 ounces cream cheese cubed reduced-fat
- 16 ounces pineapple unsweetened crushed drained canned
- 1 cup carrots finely grated
- 8 ounces non-dairy whipped topping thawed reduced-fat

Equipment

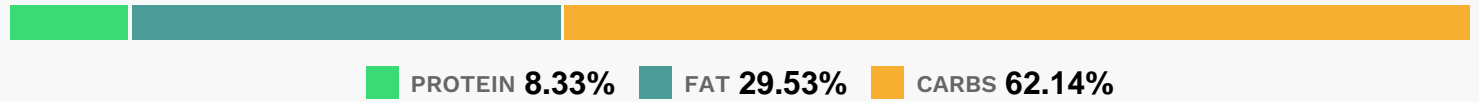
- food processor

- bowl
- blender

Directions

- In a bowl, dissolve gelatin in boiling water.
- Place cream cheese in a food processor or blender; cover and process until smooth. While processing, gradually add dissolved gelatin; process until smooth.
- Pour into a large bowl. Stir in pineapple and carrots; fold in whipped topping.
- Pour into a serving bowl. Refrigerate for 2 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:3.9, Glycemic Load:0.34, Inflammation Score:-8, Nutrition Score:4.3495652390563%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 161.38kcal (8.07%), Fat: 5.43g (8.36%), Saturated Fat: 3.86g (24.14%), Carbohydrates: 25.73g (8.58%), Net Carbohydrates: 24.94g (9.07%), Sugar: 23.65g (26.28%), Cholesterol: 10.58mg (3.53%), Sodium: 157.22mg (6.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.45g (6.9%), Vitamin A: 1919.18IU (38.38%), Phosphorus: 69.08mg (6.91%), Calcium: 52.57mg (5.26%), Vitamin C: 4.18mg (5.07%), Vitamin B2: 0.07mg (4.23%), Potassium: 147.77mg (4.22%), Vitamin B1: 0.06mg (3.82%), Copper: 0.08mg (3.81%), Vitamin B12: 0.21µg (3.53%), Selenium: 2.32µg (3.32%), Fiber: 0.79g (3.16%), Vitamin B6: 0.06mg (2.77%), Magnesium: 10.46mg (2.62%), Vitamin K: 2.49µg (2.37%), Folate: 8.5µg (2.12%), Vitamin B5: 0.19mg (1.91%), Vitamin E: 0.22mg (1.49%), Zinc: 0.2mg (1.3%), Vitamin B3: 0.26mg (1.28%), Iron: 0.21mg (1.15%)