

White Gelatin

 **Gluten Free**

READY IN

ready

195 min.

SERVINGS

servings

12

CALORIES

calories

135 kcal

SIDE DISH

Ingredients

- ☐ 8 ounce cream cheese softened
- ☐ 0.3 ounce gelatin powder unflavored
- ☐ 1 tablespoon juice of lemon
- ☐ 1 cup milk
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup water boiling
- ☐ 1.5 cups non-dairy whipped topping frozen thawed
- ☐ 0.5 cup sugar white

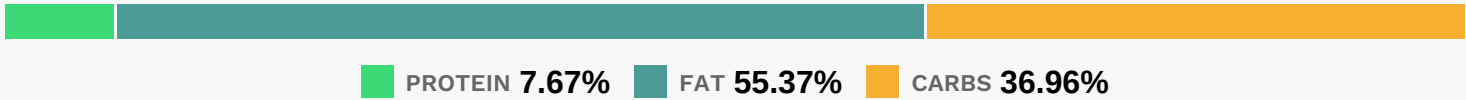
Equipment

☐ bowl

Directions

- ☐ In a medium bowl, beat cream cheese and sugar until smooth and well blended. In a separate bowl, dissolve the gelatin in boiling water. Stir into the cream cheese mixture along with the milk, lemon juice and vanilla. Fold in the whipped topping.
- ☐ Pour into a mold if desired, and refrigerate until set, about 3 hours.

Nutrition Facts



Properties

Glycemic Index:11.26, Glycemic Load:6.46, Inflammation Score:-2, Nutrition Score:1.8473913116462%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 134.65kcal (6.73%), Fat: 8.41g (12.94%), Saturated Fat: 5.26g (32.85%), Carbohydrates: 12.63g (4.21%), Net Carbohydrates: 12.63g (4.59%), Sugar: 12.29g (13.66%), Cholesterol: 21.72mg (7.24%), Sodium: 75.43mg (3.28%), Alcohol: 0.11g (100%), Alcohol %: 0.22% (100%), Protein: 2.62g (5.24%), Vitamin A: 293.78IU (5.88%), Calcium: 50.72mg (5.07%), Vitamin B2: 0.08mg (4.91%), Phosphorus: 48.05mg (4.8%), Selenium: 2.52µg (3.6%), Vitamin B12: 0.17µg (2.84%), Potassium: 66.96mg (1.91%), Vitamin B5: 0.19mg (1.86%), Vitamin D: 0.22µg (1.49%), Vitamin E: 0.22mg (1.48%), Magnesium: 5.11mg (1.28%), Vitamin B6: 0.03mg (1.28%), Zinc: 0.19mg (1.27%), Vitamin B1: 0.02mg (1.21%)