

# Lime-Cheese Salad

Mary Bowen

*Gourmet Eating in South Carolina - (1985)*

1 package lime jello  
1 - 2 cups crushed pineapple, drained  
and juice reserved  
1 cup Cheddar cheese, grated  
2 ounces pimientos, chopped  
1 cup celery, chopped  
1 cup chopped nuts  
1/2 pint whipping cream

Copyright: Hope Center for the  
Retarded, Inc. - Charleston, SC

In a saucepan, dissolve the jello in one cup of  
boiling water.

Add the pineapple juice. Add the Cheddar  
cheese, pimientos, celery and nuts.

In a bowl, whip the cream until stiff. Fold into the  
jello mixture.

Chill.

---

Per Serving (excluding unknown  
items): 2485 Calories; 206g Fat  
(71.5% calories from fat); 60g  
Protein; 124g Carbohydrate; 20g  
Dietary Fiber; 445mg Cholesterol;  
926mg Sodium. Exchanges: 2  
Grain(Starch); 6 1/2 Lean Meat; 1  
1/2 Vegetable; 5 Fruit; 1/2 Non-Fat  
Milk; 37 Fat.

Salads

## Per Serving Nutritional Analysis

Calories (kcal):	2485
% Calories from Fat:	71.5%
% Calories from Carbohydrates:	19.1%
% Calories from Protein:	9.3%
Total Fat (g):	206g
Saturated Fat (g):	91g
Monounsaturated Fat (g):	81g
Polyunsaturated Fat (g):	23g
Cholesterol (mg):	445mg
Carbohydrate (g):	124g
Dietary Fiber (g):	20g
Protein (g):	60g
Sodium (mg):	926mg

Vitamin B6 (mg):	1.0mg
Vitamin B12 (mcg):	1.4mcg
Thiamin B1 (mg):	1.3mg
Riboflavin B2 (mg):	1.1mg
Folacin (mcg):	208mcg
Niacin (mg):	9mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	2
Lean Meat:	6 1/2
Vegetable:	1 1/2

**Potassium (mg):** 2160mg  
**Calcium (mg):** 1247mg  
**Iron (mg):** 8mg  
**Zinc (mg):** 12mg  
**Vitamin C (mg):** 106mg  
**Vitamin A (i.u.):** 6583IU  
**Vitamin A (r.e.):** 1551 1/2RE

**Fruit:** 5  
**Non-Fat Milk:** 1/2  
**Fat:** 37  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 2485                      Calories from Fat: 1778

### % Daily Values\*

<b>Total Fat</b>	206g	317%
Saturated Fat	91g	456%
<b>Cholesterol</b>	445mg	148%
<b>Sodium</b>	926mg	39%
<b>Total Carbohydrates</b>	124g	41%
Dietary Fiber	20g	78%
<b>Protein</b>	60g	
<b>Vitamin A</b>		132%
<b>Vitamin C</b>		177%
<b>Calcium</b>		125%
<b>Iron</b>		46%

\* Percent Daily Values are based on a 2000 calorie diet.