

# Pineapple Lime Jello Salad

Yield: 4 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-yogurt-jello-pudding-recipe>

## Ingredients:

- 20 ounces crushed pineapple drain the juice and save
- 24 ounces small curd cottage cheese carton of
- 3 tablespoons greek yogurt
- 2 packages jello sugar-free lime
- 1/2 cup chips pecan

## Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 74 grams
3. Cholesterol: 30 milligrams
4. Fat: 15 grams
5. Fiber: 2 grams
6. Protein: 25 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 940 milligrams
9. Sugar: 56 grams

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