



## Apple Orchard Dessert

 Gluten Free  Dairy Free

READY IN



345 min.

SERVINGS



45

CALORIES



14 kcal

### Ingredients

- 2 cups apple juice cold
- 1 pkg jell-o lemon flavor gelatin sugar free (8-serving size)
- 1 small apples diced green red
- 1.5 cups water boiling

### Equipment

- bowl

### Directions

- Stir boiling water into gelatin in large bowl at least 2 minutes until completely dissolved. Stir in cold juice. Refrigerate about 1-1/2 hours or until thickened (spoon drawn through leaves definite impression).
- Stir in apples.
- Pour into 2-quart serving bowl.
- Refrigerate 4 hours or until firm. Store leftover dessert in refrigerator.

## Nutrition Facts



■ **PROTEIN 4.61%**  
 ■ **FAT 1.24%**  
 ■ **CARBS 94.15%**

### Properties

Glycemic Index:1.62, Glycemic Load:0.62, Inflammation Score:-1, Nutrition Score:0.16913043310785%

### Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.77mg, Epicatechin: 0.77mg, Epicatechin: 0.77mg, Epicatechin: 0.77mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

### Nutrients (% of daily need)

Calories: 13.99kcal (0.7%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.02%), Carbohydrates: 3.41g (1.14%), Net Carbohydrates: 3.31g (1.2%), Sugar: 3.03g (3.37%), Cholesterol: 0mg (0%), Sodium: 9.67mg (0.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.17g (0.33%)