



Applesauce Cinnamon Gelatin Salad



Gluten Free



Dairy Free

READY IN



190 min.

SERVINGS



6

CALORIES



115 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 cups apple sauce
- ☐ 3 ounce jell-o® mix lemon flavored
- ☐ 0.3 cup cinnamon candies red hot
- ☐ 1.5 cups water boiling

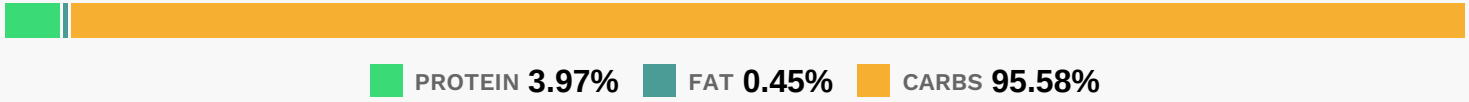
Equipment

- ☐ bowl

Directions

- ☐
- In a large bowl, dissolve candies in boiling water.
- ☐
- Add gelatin and stir until dissolved. Stir in applesauce and a few ice cubes and chill for 3 hours, or until set.
- ☐
- Serve cold with whipped cream.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.84956522285938%

Flavonoids

Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg Epicatechin: 3.3mg, Epicatechin: 3.3mg, Epicatechin: 3.3mg, Epicatechin: 3.3mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 114.93kcal (5.75%), Fat: 0.06g (0.09%), Saturated Fat: 0g (0.03%), Carbohydrates: 29.13g (9.71%), Net Carbohydrates: 28.46g (10.35%), Sugar: 26.16g (29.07%), Cholesterol: 0mg (0%), Sodium: 70.23mg (3.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.21g (2.42%), Fiber: 0.67g (2.68%), Phosphorus: 23.04mg (2.3%), Copper: 0.04mg (2.13%), Selenium: 1.13µg (1.62%), Vitamin B2: 0.02mg (1.42%), Potassium: 46.13mg (1.32%), Vitamin B1: 0.02mg (1.09%)