



## Apricot Congealed Salad

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



187 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 23 ounce all-natural apricot nectar canned
- 0.5 cup apricot preserves
- 15.3 ounce apricots drained chopped canned
- 1.5 cups buttermilk
- 6 ounce apricot-flavored gelatin
- 8 ounce non-dairy whipped topping frozen thawed

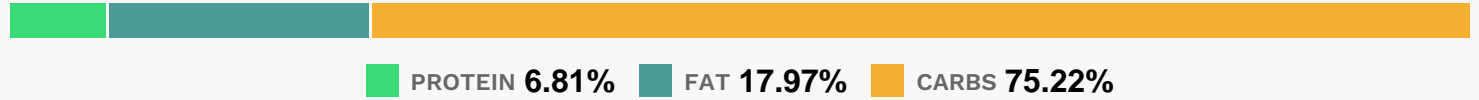
### Equipment

- sauce pan

## Directions

- Bring apricot nectar to a boil in a medium saucepan.
- Remove from heat; add gelatin, stirring until gelatin dissolves. Cool.
- Stir in apricots, buttermilk, and preserves. Fold in whipped topping, and spoon into a lightly greased 9-cup mold. Cover and chill 6 hours or until mixture is firm.

## Nutrition Facts



## Properties

Glycemic Index:6.06, Glycemic Load:1.82, Inflammation Score:-7, Nutrition Score:5.3973912985429%

## Flavonoids

Catechin: 1.35mg, Catechin: 1.35mg, Catechin: 1.35mg, Catechin: 1.35mg Epicatechin: 1.74mg, Epicatechin: 1.74mg, Epicatechin: 1.74mg, Epicatechin: 1.74mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

## Nutrients (% of daily need)

Calories: 186.52kcal (9.33%), Fat: 3.87g (5.96%), Saturated Fat: 2.73g (17.09%), Carbohydrates: 36.49g (12.16%), Net Carbohydrates: 35.69g (12.98%), Sugar: 32.68g (36.31%), Cholesterol: 3.68mg (1.23%), Sodium: 119.81mg (5.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.3g (6.6%), Vitamin A: 1492.65IU (29.85%), Vitamin C: 20.61mg (24.98%), Phosphorus: 70.77mg (7.08%), Calcium: 60.98mg (6.1%), Vitamin B2: 0.1mg (5.83%), Potassium: 197.89mg (5.65%), Vitamin E: 0.67mg (4.48%), Vitamin B1: 0.06mg (4.11%), Selenium: 2.75µg (3.92%), Copper: 0.07mg (3.72%), Fiber: 0.8g (3.22%), Vitamin B12: 0.18µg (2.93%), Magnesium: 11.32mg (2.83%), Vitamin B6: 0.06mg (2.81%), Vitamin D: 0.39µg (2.6%), Manganese: 0.05mg (2.59%), Vitamin B5: 0.26mg (2.57%), Vitamin K: 2.54µg (2.41%), Vitamin B3: 0.35mg (1.74%), Iron: 0.29mg (1.61%), Folate: 6.38µg (1.59%), Zinc: 0.23mg (1.52%)