



Apricot Dessert

 Gluten Free

READY IN



195 min.

SERVINGS



12

CALORIES



181 kcal

Ingredients

- 6 ounce apricots flavored
- 8.8 ounce apricots drained chopped canned
- 1 quart all-natural apricot nectar
- 1 pint cream sour
- 8 ounce non-dairy whipped topping frozen thawed

Equipment

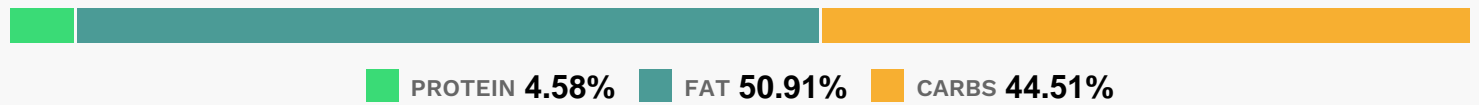
- bowl
- sauce pan
- whisk

blender

Directions

- Pour the apricot nectar into a saucepan and bring to a boil.
- Remove from heat and stir in gelatin mix until completely dissolved.
- Whisk in sour cream until smooth or process in a blender.
- Pour into a serving bowl, and stir in the apricots. Chill until set, about 3 hours. Top with whipped topping just before serving.

Nutrition Facts



Properties

Glycemic Index:6.94, Glycemic Load:1.32, Inflammation Score:-8, Nutrition Score:6.093913036844%

Flavonoids

Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 181.3kcal (9.06%), Fat: 10.62g (16.33%), Saturated Fat: 6.15g (38.46%), Carbohydrates: 20.88g (6.96%), Net Carbohydrates: 20.1g (7.31%), Sugar: 19.12g (21.24%), Cholesterol: 23.64mg (7.88%), Sodium: 32.49mg (1.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.15g (4.3%), Vitamin A: 1968.62IU (39.37%), Vitamin C: 27.26mg (33.04%), Calcium: 66.45mg (6.64%), Vitamin B2: 0.11mg (6.41%), Potassium: 211.47mg (6.04%), Vitamin E: 0.88mg (5.85%), Phosphorus: 55.91mg (5.59%), Vitamin B1: 0.07mg (4.63%), Vitamin B6: 0.07mg (3.4%), Magnesium: 12.69mg (3.17%), Vitamin K: 3.29µg (3.14%), Fiber: 0.78g (3.1%), Vitamin B5: 0.29mg (2.92%), Manganese: 0.06mg (2.82%), Selenium: 1.95µg (2.78%), Copper: 0.05mg (2.56%), Vitamin B12: 0.12µg (2.01%), Vitamin B3: 0.38mg (1.91%), Folate: 6.86µg (1.71%), Zinc: 0.24mg (1.62%), Iron: 0.26mg (1.45%)