



Berry and Banana Terrine



Gluten Free



Dairy Free



Popular

READY IN



200 min.

SERVINGS



6

CALORIES



256 kcal

SIDE DISH

Ingredients

- ☐ 0.5 ounce gelatin powder unflavored
- ☐ 2 cups grape juice white divided
- ☐ 0.5 cup granulated sugar white
- ☐ 6 cups berries and of banana mixed fresh sliced quartered canned (berries can include blueberries, raspberries, blackberries, and or strawberries)

Equipment

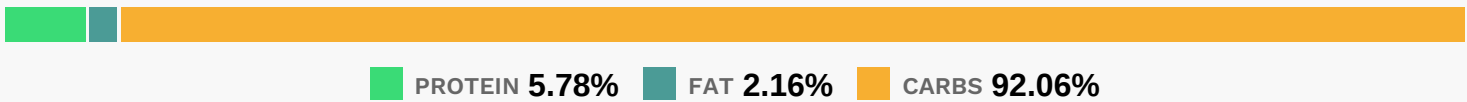
- ☐ bowl
- ☐ frying pan

- ☐ sauce pan
- ☐ knife
- ☐ plastic wrap
- ☐ loaf pan

Directions

- ☐ Soften the gelatin: Put 1/4 cup of the white grape juice into a small bowl.
- ☐ Sprinkle the gelatin over the grape juice and let sit for 2 to 3 minutes while the gelatin softens.
- ☐ Make grape juice gelatin base: Put another 1/4 cup of the white grape juice and a 1/2 cup of sugar into a saucepan and heat on medium high heat until the sugar has dissolved.
- ☐ Remove from heat and stir in the gelatin mixture until it has dissolved. Stir in the remaining 1 1/2 cups of grape juice.
- ☐ Put fruit in loaf pan, cover with grape juice gelatin mixture:
- ☐ Put the berries and banana slices in a 4x8 loaf pan.
- ☐ Pour the grape juice mixture over the berries, and press down on the berries to submerge them into the juice/gelatin mixture.
- ☐ Chill: Cover with plastic wrap. Chill in the refrigerator until firm, 3 hours.
- ☐ Un-mold: To un-mold, fill a basin half-way with hot water. Carefully lower the bottom of the loaf pan into the hot water and hold for 5 to 8 seconds. This will melt the gelatin at the edge of the pan, helping it to release.
- ☐ Run a dull knife around the edge of the pan as well.
- ☐ Place a serving platter topside down on top of the loaf pan and turn the whole thing over. Shake gently to release the mold.
- ☐ Slice to serve.

Nutrition Facts



Properties

Glycemic Index:20.81, Glycemic Load:28.23, Inflammation Score:-4, Nutrition Score:7.8713043461675%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Petunidin: 0.86mg, Petunidin: 0.86mg, Petunidin: 0.86mg, Petunidin: 0.86mg Delphinidin: 1.62mg, Delphinidin: 1.62mg, Delphinidin: 1.62mg, Delphinidin: 1.62mg Malvidin: 9.42mg, Malvidin: 9.42mg, Malvidin: 9.42mg, Malvidin: 9.42mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.89mg, Peonidin: 0.89mg, Peonidin: 0.89mg, Peonidin: 0.89mg Catechin: 9.84mg, Catechin: 9.84mg, Catechin: 9.84mg, Catechin: 9.84mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 256.18kcal (12.81%), Fat: 0.66g (1.02%), Saturated Fat: 0.19g (1.19%), Carbohydrates: 63.26g (21.09%), Net Carbohydrates: 59.19g (21.52%), Sugar: 46.91g (52.12%), Cholesterol: 0mg (0%), Sodium: 10.51mg (0.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.97g (7.94%), Manganese: 0.61mg (30.49%), Vitamin B6: 0.58mg (28.88%), Potassium: 625.42mg (17.87%), Fiber: 4.07g (16.27%), Vitamin C: 13.13mg (15.92%), Magnesium: 49.45mg (12.36%), Copper: 0.18mg (9.22%), Vitamin B2: 0.13mg (7.69%), Folate: 30.71µg (7.68%), Vitamin B3: 1.11mg (5.56%), Vitamin B5: 0.54mg (5.44%), Phosphorus: 45.73mg (4.57%), Vitamin B1: 0.06mg (4.1%), Selenium: 2.53µg (3.62%), Iron: 0.64mg (3.53%), Vitamin A: 102.75IU (2.05%), Zinc: 0.29mg (1.93%), Calcium: 18.24mg (1.82%), Vitamin K: 1.09µg (1.04%)