



## Berry Blue Sailboats

 **Gluten Free**  **Dairy Free**

READY IN



245 min.

SERVINGS



5

CALORIES



160 kcal

SIDE DISH

### Ingredients

- 4 colored wooden toothpicks
- 1 pkg jell-o berry flavor gelatin blue (4-serving size)
- 20 oz peaches drained canned
- 4 triangular paper "sails"
- 1 cup water boiling
- 1 cup water cold

### Equipment

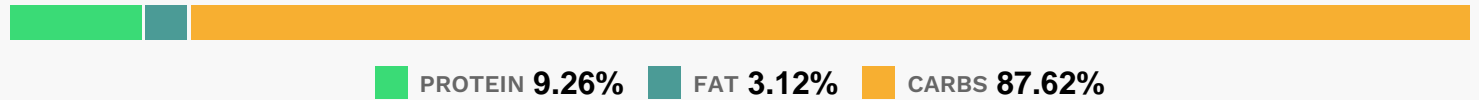
- bowl

toothpicks

## Directions

- Stir boiling water into dry gelatin in small bowl at least 2 min. until completely dissolved.
- Add cold water; stir.
- Pour into 4 individual glass bowls.
- Refrigerate 4 hours or until firm.
- Top evenly with peaches just before serving. Insert toothpick "mast" through each paper "sail." Insert in peaches to resemble sailboats.

## Nutrition Facts



## Properties

Glycemic Index:8.05, Glycemic Load:3.93, Inflammation Score:-4, Nutrition Score:4.7739130072296%

## Flavonoids

Cyanidin: 2.18mg, Cyanidin: 2.18mg, Cyanidin: 2.18mg, Cyanidin: 2.18mg Catechin: 5.58mg, Catechin: 5.58mg, Catechin: 5.58mg, Catechin: 5.58mg Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg Epicatechin: 2.65mg, Epicatechin: 2.65mg, Epicatechin: 2.65mg, Epicatechin: 2.65mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

## Nutrients (% of daily need)

Calories: 160.01kcal (8%), Fat: 0.58g (0.89%), Saturated Fat: 0.1g (0.62%), Carbohydrates: 36.39g (12.13%), Net Carbohydrates: 34.42g (12.52%), Sugar: 24.87g (27.63%), Cholesterol: 1.37mg (0.46%), Sodium: 185.64mg (8.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.7%), Selenium: 7.81µg (11.15%), Vitamin B3: 1.74mg (8.7%), Manganese: 0.17mg (8.4%), Fiber: 1.97g (7.9%), Vitamin A: 371.81IU (7.44%), Copper: 0.15mg (7.3%), Vitamin B1: 0.11mg (7.11%), Phosphorus: 61.23mg (6.12%), Vitamin B2: 0.1mg (5.86%), Vitamin C: 4.65mg (5.64%), Vitamin E: 0.83mg (5.52%), Folate: 20.39µg (5.1%), Iron: 0.92mg (5.1%), Potassium: 152mg (4.34%), Magnesium: 13.4mg (3.35%), Vitamin K: 3.4µg (3.24%), Zinc: 0.38mg (2.53%), Vitamin B5: 0.18mg (1.8%), Vitamin B6: 0.03mg (1.65%), Calcium: 15.03mg (1.5%)