



Blueberry Lime Mold

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

READY IN



45 min.

SERVINGS



10

CALORIES



116 kcal

SIDE DISH

Ingredients

- 1 pint blueberries fresh
- 3 ounce jell-o brand lime flavor gelatin flavored
- 2 tablespoons juice of lime
- 1 tablespoon sugar
- 1.5 cups water boiling
- 8 ounce non-dairy whipped topping frozen thawed

Equipment

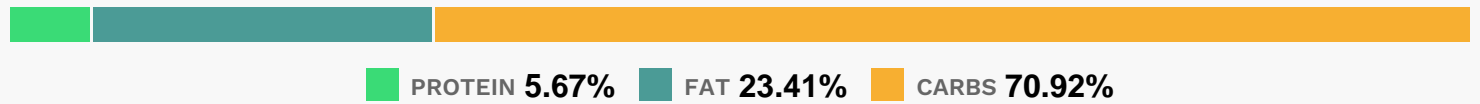
- bowl

- whisk
- hand mixer

Directions

- In a medium bowl, whisk together the gelatin mix, sugar, lime juice, and boiling water for one minute, or until the gelatin is completely dissolved. Cover, and chill for one hour, or until slightly thickened.
- When the gelatin mixture is thick, whip with a whisk or electric mixer until light in color, and double in volume.
- Whisk in whipped topping, and fold in blueberries. Lightly grease a 5 or 6 cup gelatin mold, and fill with the gelatin mixture. Chill for 4 hours, or until firm. Carefully unmold onto a platter, and serve.

Nutrition Facts



Properties

Glycemic Index:11.01, Glycemic Load:3.13, Inflammation Score:-2, Nutrition Score:2.4186956208685%

Flavonoids

Cyanidin: 4mg, Cyanidin: 4mg, Cyanidin: 4mg, Cyanidin: 4mg Petunidin: 14.92mg, Petunidin: 14.92mg, Petunidin: 14.92mg, Petunidin: 14.92mg Delphinidin: 16.76mg, Delphinidin: 16.76mg, Delphinidin: 16.76mg, Delphinidin: 16.76mg Malvidin: 31.98mg, Malvidin: 31.98mg, Malvidin: 31.98mg, Malvidin: 31.98mg Peonidin: 9.6mg, Peonidin: 9.6mg, Peonidin: 9.6mg, Peonidin: 9.6mg Catechin: 2.5mg, Catechin: 2.5mg, Catechin: 2.5mg, Catechin: 2.5mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg Galliccatechin: 0.06mg, Galliccatechin: 0.06mg, Galliccatechin: 0.06mg, Galliccatechin: 0.06mg

Nutrients (% of daily need)

Calories: 115.55kcal (5.78%), Fat: 3.13g (4.82%), Saturated Fat: 2.58g (16.1%), Carbohydrates: 21.36g (7.12%), Net Carbohydrates: 20.21g (7.35%), Sugar: 18.63g (20.7%), Cholesterol: 0.45mg (0.15%), Sodium: 58.28mg (2.53%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.71g (3.41%), Vitamin K: 9.88µg (9.41%), Manganese: 0.16mg (8.03%), Vitamin C: 5.49mg (6.65%), Fiber: 1.15g (4.59%), Phosphorus: 34.87mg (3.49%), Vitamin E: 0.39mg (2.6%), Vitamin B2: 0.04mg (2.59%), Copper: 0.05mg (2.29%), Calcium: 20.69mg (2.07%), Potassium: 63.47mg (1.81%), Selenium: 1.17µg (1.67%), Vitamin B1: 0.02mg (1.54%), Vitamin B6: 0.03mg (1.52%), Magnesium: 5.19mg (1.3%), Vitamin B3: 0.23mg (1.13%), Folate: 4.07µg (1.02%)